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Tribunal won't shave lumber fine

SOFTWOOD Canada has lost a bid to pay a reduced fine for breaching the softwood lumber trade pact with the U.S.

An international tribunal has rejected Canada's offer to pay $46.7 million US in compensation for shipping too much wood south of the border.

Instead, Canada will have to pay the $68 million, as originally ordered last February by the London Court of International Arbitration.

International Trade Minister Stockwell Day expressed disappointment, but said there's no further route for appeal and Canada will comply.

THE CANADIAN PRESS

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

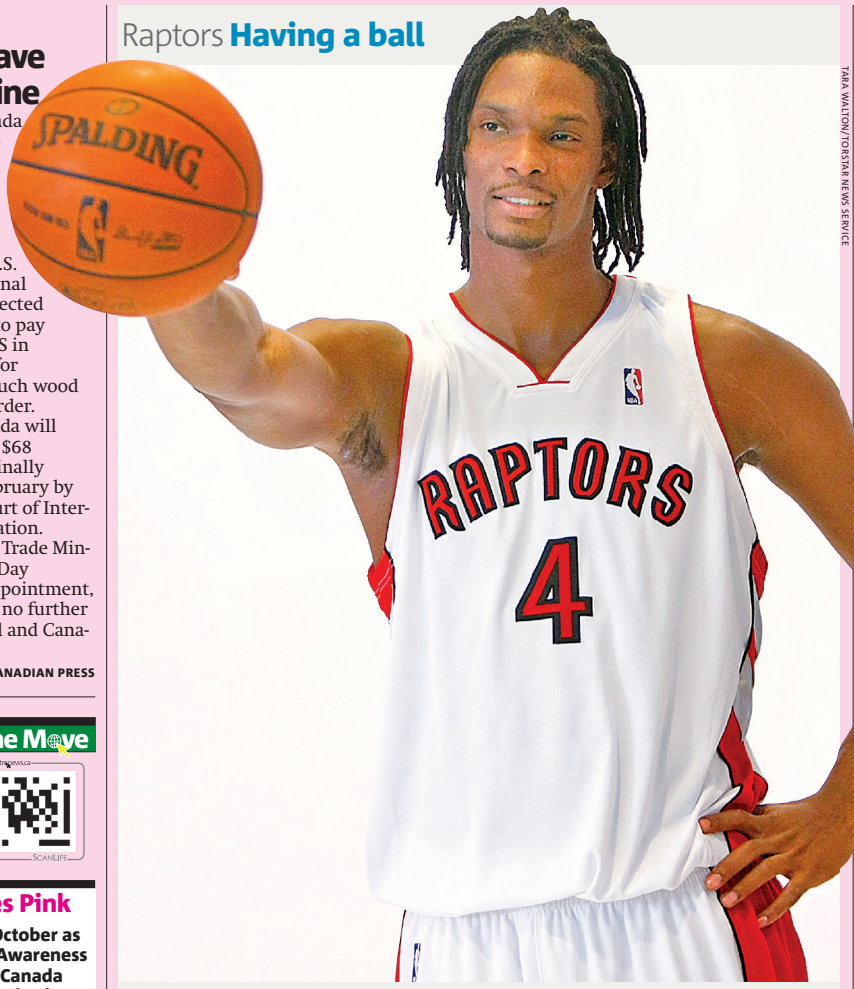
Metro Goes Pink

In support of October as Breast Cancer Awareness Month, Metro Canada has gone pink. Check out our special report on Breast Cancer Awareness on page 21, as well as page 6 in our local news section. Wife of NFL owner raising awareness, page 20.

On the web

VISIT METRONEWS.CA FOR YOUR METRO NEWS UPDATES THROUGHOUT THE DAY

Raptors **Having a ball**



TARA WALTON/TORSTAR NEWS SERVICE

Toronto Raptors forward Chris Bosh poses yesterday at a photo shoot during the team's annual media day at the Air Canada Centre. More coverage, page 19.

Killer gets life

Teen sentenced as adult in stabbing of Stefanie Rengel

The "truly evil" act of stabbing a 14-year-old girl to death to pacify an intensely jealous girlfriend saw David Bagshaw handed an adult sentence yesterday of life in prison with no chance of parole for 10 years.

Bagshaw was just four days shy of his 18th birthday when he lured Stefanie Rengel out of her Toronto home on New Year's Day 2008, stabbed her six times with an eight-inch kitchen knife and left her to die in a snowbank.

Bagshaw, now 19, pleaded guilty earlier this year to first-degree murder. Melissa Todorovic, his girlfriend at the time who is now 17, was sentenced as an adult in July to life with no chance of parole for seven years.

David Bagshaw

The two convicted murderers had a sexual relationship "marked by mutual obsession and jealousy," which culminated in Bagshaw killing Rengel after months of pressure from Todorovic, who mistakenly saw Rengel as her rival, said Justice Ian Nordheimer.

Rengel's younger brother Ian said the family can move forward with their lives now that the trial process was over and Todorovic and Bagshaw's identities have been made public.

"They should pay for what they've done," he said outside court. "I don't think anyone will be able to forgive them when they get out."

THE CANADIAN PRESS

Meteorologist says summer's over: When did it start?

After a morning of wet, windy weather yesterday, Environment Canada is predicting more of the same for the week to come.

The weather forecast for the next week calls for more rain and clouds, meteorologist David Rodgers said, with slightly lower than seasonal temperature of highs in the mid-teens.

"Summer's over I'm afraid," he said.

The cold, wet weather might seem out of the ordinary this early in the fall season, but Rodgers explained this is fairly typical for late September.

"We've just had three weeks of very benign weather, so the weather may seem unusual, but fall storms are always energetic," he said.

What was unusual yesterday was the blustery wind, Rodgers said. This was due to a low-pressure system pushing a cold front through southern Ontario, he said.

TORSTAR NEWS SERVICE

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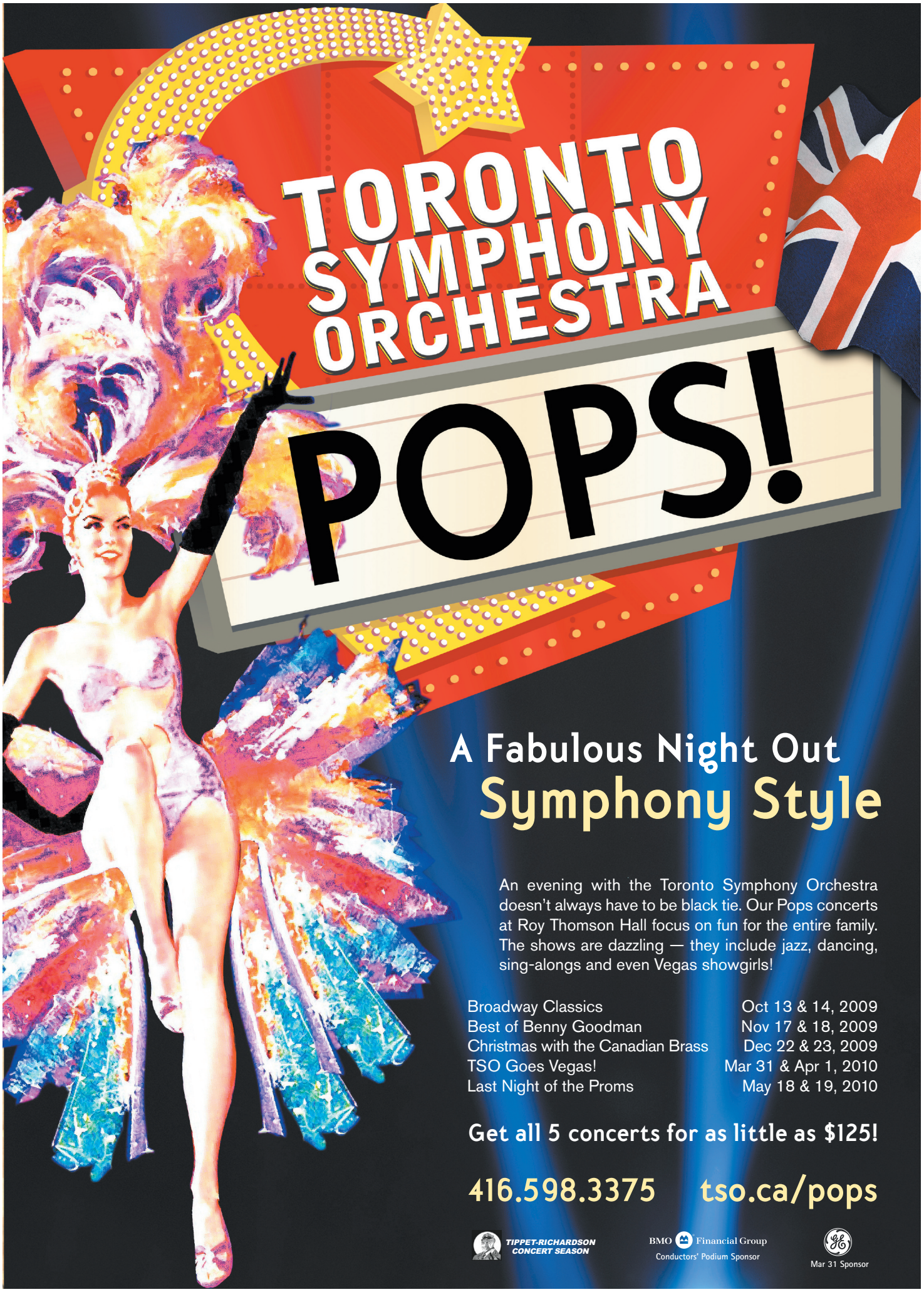
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Local

Couple closer to collecting $1 million

An Elliot Lake couple are closer to being about $1,000,000 richer after winning an Ontario 49 draw. Roland and Carolyn Seguin hit the jackpot July 15, but because they are owners of an OLG retail location, it was considered an insider win. Now that an investigation has been completed, all that is left is a 30-day waiting period in case anyone has any concerns about the win and wants to come forward. If there are no objections, the couple will collect their prize on Oct. 28. THE CANADIAN PRESS

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

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Tomorrow's Metro

Comment

Paul Sullivan brings his West View on Canadian current events to Metro readers.

metronews.ca

WHAT'S ONLINE TODAY

Video Even in quarantine, Cirque founder and 'space clown' can't resist the urge to perform at **metronews.ca/canada**

Lotteries

Ontario Pick 3: 4 4 3; **Ontario Pick 4:** 3 3 8 0
Encore: 5119275
Daily Keno: 3, 5, 8, 9, 11, 14, 18, 25, 26, 30, 31, 33, 44, 46, 48, 63, 66, 67, 68 and 70
These results are not official.

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Funding police injuries

Officers compensated from provincial victims of crime fund

A police officer received $10,000 as compensation because he can no longer enjoy gardening, visiting flea markets and collecting carnival glass.

Another officer was awarded $1,000 after a suspect bit his arm but not hard enough to break the skin.

A provincial fund that compensates civilians victimized by violent crime is routinely and increasingly paying "pain and suffering" cash awards to police officers who suffer minor injuries on the job. Workplace insurance already compensates these injured officers.

137 The number of payouts has jumped, from 92 in 2005 to 137 last year. That's a 49 per cent increase. The average payout has also increased during the same period.

A Torstar News Service investigation has found that since 2005, more than 400 officers and prison guards across Ontario received a total of $1.5 million from the taxpayer-funded Criminal Injuries Compensation Board (CICB).

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page

The forerunner of the current law, the 1967 Law Enforcement Compensation Act was meant to compensate civilians injured while assisting police.

Over the years the law changed and has become widely known as a fund for civilian victims of violent crime who lose wages or suffer out-of-pocket expenses. It is now the Compensation for Victims of Crime Act — which any police officer can apply for.

TORSTAR NEW SERVICE

Just add water to create instant success?

COFFEE From the folks who turned the ordinary cup of coffee into an "affordable luxury" comes the latest effort to boost sales during the economic downturn: Instant Coffee.

Starbucks Coffee Co. is launching the product today across North America and to prove it's a notch above anyone else's instant java, it's challenging customers to a taste test.

"There's a dramatic difference," Starbucks founder and chief executive officer Howard Schultz said in a telephone interview with Canadian media late last week. "It's the difference between fresh squeezed orange juice and frozen concentrate."

Priced around $1 a cup, Schultz says he thinks consumers will see Starbucks "VIA" as good value.

But the proof will be in the drinking, marketing expert David Dunne says.

KEITH BEATY/TORSTAR NEWS SERVICE

Across North America today, Starbucks will release its line of instant coffee, retailing for around $1.

"It's got to taste significantly better than existing instant coffees and pretty close to a ground coffee from Starbucks," said Dunne, a professor at the University of Toronto's Rotman School of Management. "I think it's a risky move if you don't have a clearly better product."

TORSTAR NEWS SERVICE

Egyptian man fights security certificate

COURTS Slapping an Egyptian man the government accuses of terrorism links with a third national security certificate amounted to double jeopardy, his lawyers argued yesterday.

In any event, they said, continuing to proceed against Mahmoud Jaballah 10 years after he was first detained is an abuse of process that the courts must stop now as a matter of fairness to him and his family.

Mahmoud Jaballah

The first two certificates were eventually overturned. The judge will first hold a closed-door session before deciding whether to allow a full hearing on the reasonableness of the latest certificate.

THE CANADIAN PRESS

News in brief

CRIME Jason Wallace, the father of a sick baby girl once at the centre of a heart donation drama, appeared in court Sunday facing allegations of uttering death threats. Toronto police say Wallace, 34, was arrested around 1 a.m. Sunday after the alleged victim called police. Police are not saying who the alleged victim was. He was charged with threatening death following a phone call to the victim. THE CANADIAN PRESS

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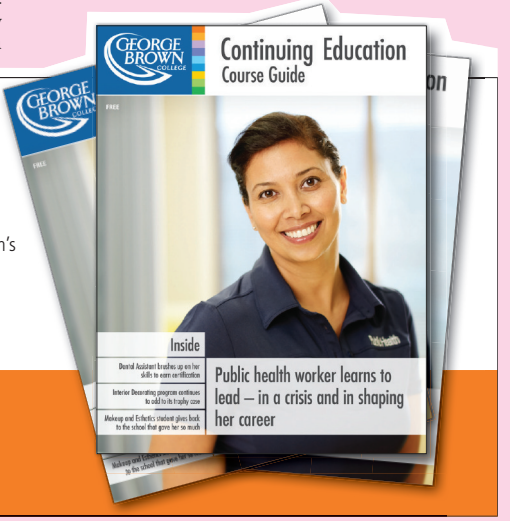

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Alcohol may have been a factor in car crash death: Police
Police suspect alcohol played a factor in a four-car collision that killed one woman in Brampton Sunday morning. A Toronto man, Mandeep Rai, 26, is now facing charges related to the incident, including impaired driving. TORSTAR NEWS SERVICE

Terror suspect says he was 'duped'

A young man was "duped" into being part of a terrorist plot to bomb Canadian targets and had virtually no knowledge of the scale of the plan, a lawyer said yesterday about his client who nonetheless pleaded guilty to terrorism offences.

Saad Gaya, 21, pleaded guilty to intending to cause an explosion for the benefit of a terrorist group. He was among 18 men and youths rounded up in 2006 and charged in a plot to wreak havoc on several targets, including Parliament and RCMP headquarters.

Saad Gaya

He is now the third member of the so-called Toronto 18 to plead guilty.

Gaya pleaded guilty because "it's the right thing to do," his lawyer Paul Slansky said outside court. Slansky described Gaya as a relatively minor member of the bomb plot who has expressed remorse to him.

"To some extent he was duped," Slansky said.

"Certain people had certain plans that were not communicated to Mr. Gaya and Mr. Gaya will be taking the position that he did not know their plans."

"He in fact had asked for assurances that there would not be harm to people."

Gaya's sentencing hearing is scheduled for Dec. 21 to 23. He is scheduled to be sentenced Jan. 6.

THE CANADIAN PRESS

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Kindness act can help out SickKids

HEATHER BUCHAN
for Metro Toronto

SunnySide

FUNDRAISING Imagine the person standing in front of you in line at the coffee shop turning around and handing you the coffee they've just bought. It's a tiny act of kindness, but one that would surely brighten your day.

Well, that's exactly what's expected to happen tomorrow at various Second Cup cafés across Ontario during Pay It Backward Day — a one-day event that aims to raise $10,000 for the SickKids Foundation through these simple acts of coffee kindness.

For every person that buys a coffee for the person behind them in line today at participating Second Cups, $5 will be donated to Toronto's SickKids Hospital, one of the world's most respected children's hospitals.

Darius Bashar, president and co-founder of Daily Challenge, the Toronto-based social networking site that organized the event, says they are hoping to inspire at least 3,000 acts of kindness in order to raise $15,000 for SickKids. He explains that at the last Pay It Backward Day, 602 Torontonians took part in the simple act of kindness. "This time around our event will be significantly bigger and better," he adds.

The goal of Bashar's website, which calls itself The Social Network for Do Gooders, is to inspire people to create positive change through simple daily acts of kindness.

To find a participating Second Cup café near you, visit dailychallenge.org.

Still no leads in case of missing teen

MYSTERY Toronto police say they are continuing their search for 17-year-old Mariam Makhniashvili who disappeared two weeks ago.

There are still no leads in her case.

On Sunday, police shut down the command post at the Forest Hill Collegiate Institute, where the teen was last seen, after an extensive ground search found nothing.

Police are appealing to the public to come forward with any information. TORSTAR NEWS SERVICE

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the Bay

Vaughan police search for suspects following robbery

Police are searching for three suspects after a Vaughan convenience store was robbed at gunpoint in broad daylight last Thursday. No customers were in the store at the time, and no one was injured in the incident. TORSTAR NEWS SERVICE

Support for breast cancer bill

Survivor group drawing attention to private member's motion

Virginia Yule was 48 years old when a mammogram found a small tumour in her breast.

Yule's doctor at the time decided to send her for the screening test. "They did find a small tumour. It was early. I had treatment options available to me," said Yule, now executive director at Willow Breast Cancer Support Canada. "They would not have found it without the mammography."

The breast cancer survivor is an enthusiastic supporter of Liberal MPP David Orazietti's private member's bill to expand the Ontario Breast Screening Program (OBSP) to women aged 40 to 49.

RICK MADONIK/TORSTAR NEWS SERVICE

Virginia Yule, executive director of Wilow Breast Cancer Support, was 48 when a mammogram detected a tumour in her breast.

Currently, women aged 50 to 69 are the only ones eligible for the screening program without a doctor's referral, and women in their 40s only have access to "ad hoc" mammography services, Orazietti told a news conference.

Orazietti (Sault Ste. Marie) has a history of getting private members' bills through the House.

He introduced legislation to protect kids from second-hand smoke in cars in 2007. TORSTAR NEWS SERVICE

Breast screening

- Since 2007, the Canadian Breast Cancer Foundation has wanted women aged 40 to 49 included in the Ontario Breast Screening Program. Most provinces permit women aged 40 to 49 to belong to organized breast-screening programs.

Nanny Angels there during tough times

HEATHER BUCHAN
for Metro Toronto

CANCER While going through treatment for breast cancer last year, Audrey Guth, looked around and noticed an essential service lacking: childcare relief for young mothers undergoing breast cancer treatment.

As president of Diamond Personnel, the nanny agency she founded 21 years ago, childcare is always on Guth's radar.

"I saw an opportunity to give back to women who were less fortunate than I was," says Guth, who raised four children of her own, but says she couldn't have done so and run her successful business without having nannies of her own.

So Guth founded the Nanny Angel Network. The charity, which launched two weeks ago, provides mothers who are in treatment for breast cancer or in the early stages of recovery and who have children under the age of 12, but who cannot afford a nanny, the chance to get some much-needed help.

"They need to be able to engage the kids right away as it's a very stressful time for the whole family"
Audrey Guth, founder
Nanny Angel Network

"They need to be able to engage the kids right away as it's a very stressful time for the whole family," says Guth.

Funded by Rethink Breast Cancer, the Nanny Angel Network is one of the first of its kind in North America. Nanny Angels are available in Toronto, Ottawa, Calgary and Vancouver, and many agencies in the U.S. have contacted Guth about implementing the network there. For more information, visit www.nannyangelnetwork.com.

News in brief

PARKS Despite the recession, Toronto's parks, forestry and recreation division has received a record number of dollars in corporate partnerships and donations this year, including its first million-dollar cash gift from a private citizen. Some $3 million has come in, triple the previous year, with three months still to go before year-end.

GROW-OP Two Toronto men are facing drug-related charges after police uncovered a million dollar marijuana grow-op in North Durham on Friday. At the home, they found 50 marijuana plants and specialized equipment. Miroljub Jovanovic, 23, and Stevan Mitrovic, 24, have been charged with possession for the purpose of trafficking, production of a substance, and theft of electricity.

TORSTAR NEWS SERVICE

Metro attends **So you think you can dance?**

PHOTO COURTESY OF CTV

Metro Canada's group publisher Bill McDonald with So You Think You Can Dance Canada's Leah Miller at the taping of So You Think You Can Dance Canada, airing tonight at 8 p.m. on CTV.

Conflict of interest in student testing?

SCHOOLS Education Minister Kathleen Wynne is refusing to comment on an alleged case of conflict of interest involving a board member from the agency that oversees student tests.

New Democrat Rosario Marchese says it's an obvious conflict of interest for Lorna Earl from the Education Quality and Accountability Office to also be a paid consultant for school boards.

Wynne told the legislature Earl's activities as a consultant to school boards has been referred to the conflict of interest commissioner for a ruling.

Wynne says she won't have anything more until the conflict commissioner makes a ruling.

THE CANADIAN PRESS

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PM not ready to offer cash to help N.B. with delay in reactor work

Prime Minister Stephen Harper says he's encouraging Atomic Energy of Canada Ltd. to complete the refurbishment of New Brunswick's Point Lepreau nuclear power plant as soon as possible, but he's not publicly committing to help the province offset the cost of delays. THE CANADIAN PRESS

Canada

Tories set to survive vote

The Liberals have introduced a motion aimed at toppling the Harper government, but it appears certain the Tories won't fall. The motion tabled yesterday states simply: "That this House has lost confidence in the government." If it was to pass in a vote Thursday, it would force an election. But NDP Leader Jack Layton, left, says his party will back the government, guaranteeing its survival. THE CANADIAN PRESS

Evidence of economic stimulus elusive: Expert

RECOVERY Economist Derek Burleton looks to his neighbour for evidence that Ottawa's stimulus dollars are at work.

"Anecdotally, you do hear a lot of people talking about renovating this year, including my neighbour," he said in response to Prime Minister Stephen Harper's latest report card on how public-sector stimulus is impacting the economy.

But in most cases, TD Bank's Burleton said Canadians will have to take the government's word on faith — or not — to determine how much of the $46.6 billion Ottawa has committed over two years is already boosting growth.

The latest report card is the third and most detailed on how the stimulus money is flowing, but like the government's previous two reports, the latest accounting gives no estimate on how many of the infrastructure projects are underway or how many jobs can be attributed to the stimulus.

Even with the Home Renovation Tax Credit, which gives back as much as $1,350 back on the cost of home fixes, the most specific Ottawa can get is to say 2.2-million inquiries have been received. How many Canadians went from inquiring to redoing the kitchen won't be known until tax returns are filed next spring.

THE CANADIAN PRESS

220,000

The number of jobs to be created in Canada by the end of 2010, according to the Tories' most recent economic report card.

Sex-offender project in limbo

FUNDING A program that helps keep convicted sex offenders from committing more crimes is in limbo after being told its funding request has been rejected by the federal government.

But a spokesman for Public Safety Minister Peter Van Loan said yesterday that no decisions have been made.

Andrew McWhinnie, head of Circles of Support and Accountability, said he was told of the rejection last Friday by Robert Cormier of the National Crime Prevention Centre, which falls under Van Loan's ministry.

The program was seeking $1.5 million annually for five years. THE CANADIAN PRESS

Stimulus bearing fruit: PM

But Ignatieff argues program's success is being exaggerated

Prime Minister Stephen Harper lauded his government's economic stimulus plan yesterday for helping the country cope with the recession, saying 90 per cent of Ottawa's $29-billion plan to stimulate the economy for this fiscal year has been committed to specific projects.

But the announcement was swiftly greeted with skepticism from Liberal Leader Michael Ignatieff, who accused Harper of exaggerating the program's success.

In an economic update delivered in Saint John, N.B., Harper said the money has been committed to 7,500 infrastructure and housing projects, more than 4,000 of which are in some form of construction phase.

"Our efforts are starting to bear fruit ... We see stabilization and the early beginnings of a recovery," Harper told a news conference, standing in front of a green locomotive at the Southern Railway mechanical shop.

"Now is the time to stay on course."

But Ignatieff said only 12 per cent of projects are actually underway, accusing the prime minister of failing to meet the obligations of an agreement the two leaders made earlier this year to fully account for federal spending.

Ignatieff said the Conservatives are not managing the economy prudently and accused them of using infrastructure money to reward Tory ridings.

Transport Minister John Baird rejected the claim, saying the Conservative government is focusing on job creation rather than an election the Liberals seem bent on forcing.

ANDREW VAUGHAN/THE CANADIAN PRESS

James D. Irving, Saint John MP Rodney Weston, Prime Minister Stephen Harper and Finance Minister Jim Flaherty, from left, ride on an Irving-owned NB Southern Railway locomotive before Harper released the government's latest economic update in Saint John, N.B., yesterday.

m.metronews.ca

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THE CANADIAN PRESS

MORE COVERAGE, PG 11

News in brief

JONES About 100 victims of white-collar crime demonstrated in front of the Montreal courthouse yesterday as the case of financial planner Earl Jones was postponed for three weeks to Oct. 19.

DEATH An elderly woman has died of injuries she suffered when struck by a pickup truck in the driveway of her home in Hamilton, Ont. Police say her husband was reversing the truck into the driveway last Friday and was being guided by his wife. THE CANADIAN PRESS

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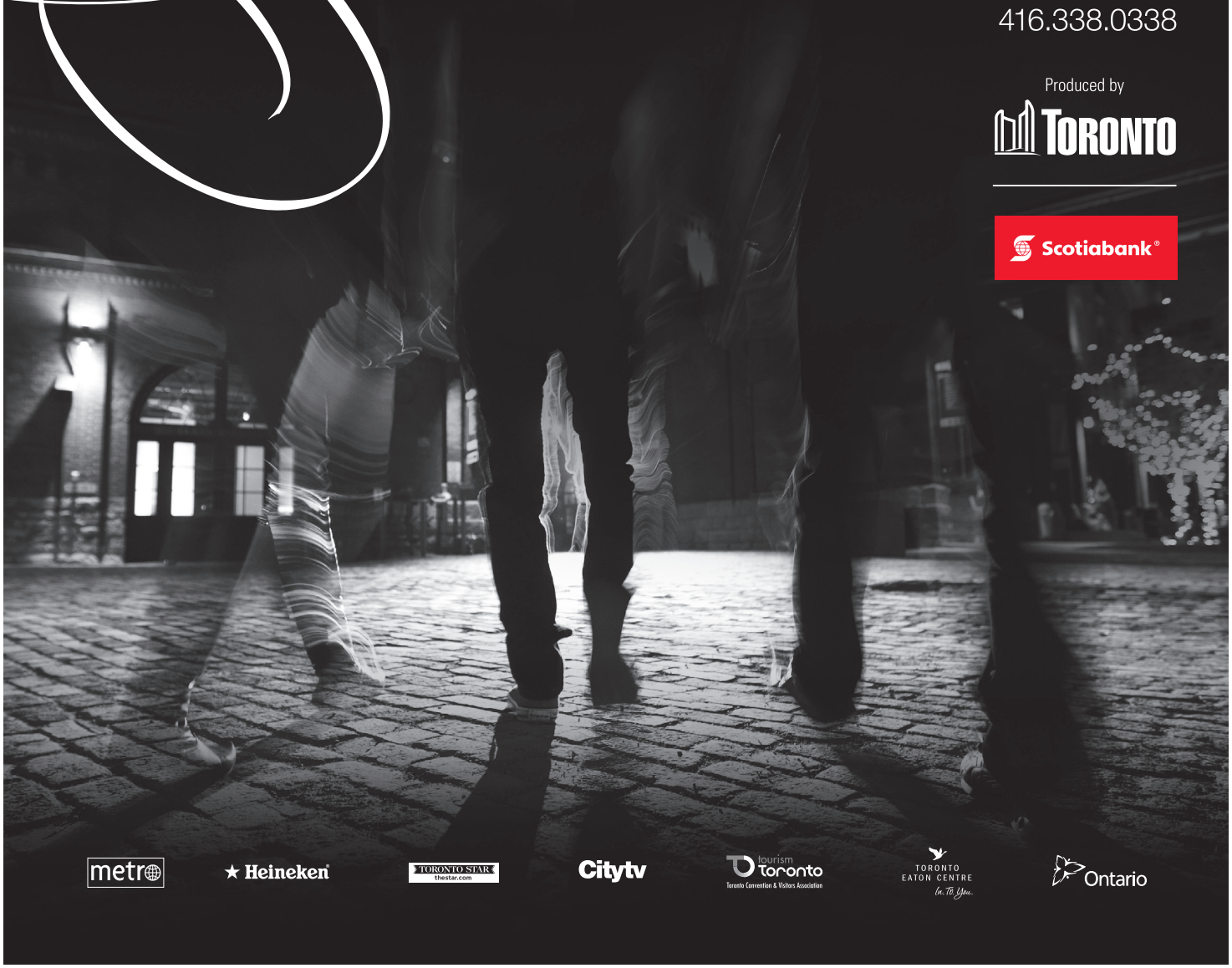

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Edmonton soldiers to ship out to Afghanistan
About 180 Canadian soldiers from Canadian Forces Base Edmonton are deploying to Afghanistan. Military officials say the troops will serve for about six months. METRO NEWS SERVICES

Military may make flu shot mandatory: Surgeon general

Flu Outbreak

HEALTH The Canadian Forces reserves the right to order its soldiers deployed in Afghanistan to take the vaccine meant to prevent swine flu, says its surgeon general.

But Commodore Hans Jung said it would be an order of last resort that will need to be studied to ensure it doesn't violate the Charter of Rights and Freedoms.

The current plan is to make the H1N1 vaccine, expected to be available in November, voluntary for crew throughout the Canadian Forces, including those on duty around the world.

But Jung said the country's top military commander has the necessary legal authority to make forced vaccines happen, as commanders did during the 1990s, when troops heading to the Middle East were required to take anthrax vaccinations.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 13

B.C.'s 'Prince of Pot' surrenders to the U.S.

After flouting marijuana laws for decades, British Columbia's so-called prince of pot turned himself in to authorities yesterday to face extradition to the U.S. But Marc Emery was defiant until the end.

SAM LEUNG/THE CANADIAN PRESS

British Columbia Marijuana Party Leader Marc Emery speaks with members of the media in Vancouver in this 2005 file photo.

"Plant the seeds of freedom. Overgrow the government, everyone," Emery yelled as he was led away by sheriffs at the B.C. Supreme Court in downtown Vancouver.

His wife, Jodie Emery, wept during the short court process where Justice Anne MacKenzie committed Emery for surrender to the United States.

Earlier this month, Emery reached a plea agreement to serve a five-year prison term for selling marijuana seeds to American customers. The next step is for the federal justice minister to order his surrender.

Emery told supporters and media outside the court he was hopeful the minister wouldn't approve the extradition.

"And if they do sign they must be punished in the next election," he said.

If that doesn't work, Emery is hoping he will be transferred to serve his time at home under an agreement between Canada and the U.S. that lets prisoners serve their time in their home countries.

He conceded the Conservative government has so far refused to repatriate any Canadian convicted in the United States of a marijuana offence.

"That bodes poorly for me," Emery told reporters.

THE CANADIAN PRESS

Coderre, associates walk from top Liberal roles

MONTREAL The Liberal party's powerful Quebec lieutenant stormed off the job yesterday, but not before sprinkling the path behind him with a few political landmines.

Four of Denis Coderre's top loyalists followed him out the door after he made his bombshell resignation announcement yesterday, including a key Quebec organizer, a fundraiser and a candidate recruiter.

The timing of those moves could hardly have been more damaging: They occurred on the same day the Liberals tabled a non-confidence motion to topple government, and just days before a major party gathering in Quebec City.

It ensured that what began several weeks ago as a power struggle between Coderre and former cabinet colleague Martin Cauchon had transformed into a full-blown migraine for Liberals. In his closing remarks, he expressed his continued support for the leader — but, in the next breath, cast Ignatieff's inner circle as a Toronto-centric cabal with little knowledge of Quebec.

Coderre will remain a member of Parliament, but will resign as the party's defence critic and regional boss for Quebec.

THE CANADIAN PRESS

Denis Coderre

News in brief

CHARGES A prominent Vancouver businessman has been charged with the unlawful confinement of a sex trade worker he met online. Police say 57-year-old Ting Kwok Ho, or David Ho, is also accused of causing bodily harm, four weapons charges and one count of possessing a controlled substance.

THE CANADIAN PRESS

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SUV crashes into school bus
Police say charges are pending after an SUV collided with a stopped school bus in Lakeshore, Ont., yesterday. THE CANADIAN PRESS

Private sector must step up, warns BoC

The Bank of Canada says the private sector needs to step up to support the economy or risk that the fragile recovery will fade out along with government stimulus.

ARNOLD LIM/THE CANADIAN PRESS

Bank of Canada governor Mark Carney speaks to the Greater Victoria Chamber of Commerce yesterday in Victoria.

Bank governor Mark Carney told an audience of business leaders in Victoria yesterday that governments and central bankers have done about all they can to rescue the economy, globally and domestically, from disaster.

In effect, he said, governments around the world put in place "war-time spending on a peaceful calamity" that likely averted a depression. But he warned that although it has worked in the short term — most economies have begun to grow again — the recovery faces a long and arduous road back, and it will need the private sector to sustain it.

"Canada is entering this period with many strengths, but the efforts required of us will be historic," he said in a speech to the Greater Victoria Chamber of Commerce.

"Our businesses will need to develop new markets as the traditional advantage of relatively open access to U.S. markets becomes less valuable."

THE CANADIAN PRESS

News in brief

DRUGS Gang investigators in B.C. say two men gunned down in Mexico were involved in the drug trade and had been on the radar of gang investigators before they were found shot to death in a Puerto Vallarta condo complex.
THE ASSOCIATED PRESS

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Valerie Bertinelli

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Turkish road accident unleashes swarm of bees

A van carrying beehives crashed into a truck in Ankara yesterday, releasing huge swarms of bees that stung the injured and rescue workers at the scene. In the end, about 20 people were taken to hospitals, six of them injured in the crash and the rest who were stung by the bees. THE ASSOCIATED PRESS

World

Facebook assassination poll investigated

The U.S. Secret Service is investigating an online survey that asked whether people thought President Barack Obama should be assassinated. The poll, posted Saturday on Facebook, was taken off the popular social networking site quickly after company officials were alerted to its existence. But, like any threat against the president, Secret Service agents are taking no chances.

THE ASSOCIATED PRESS

Month's worth of rain in 12 hours

Philippines digging out from deadly flood spawned by tropical storm

Rescuers pulled more bodies from swollen rivers yesterday as residents started to dig out their homes from under carpets of mud after flooding left 140 people dead in the Philippine capital and surrounding towns.

Overwhelmed officials called for international help, warning they may not have sufficient resources to withstand another storm that forecasters said was brewing east of the island nation and could hit as early as Friday.

Authorities expected the death toll from tropical storm Ketsana, which scythed across the northern Philippines Saturday, to rise as rescuers penetrate villages blocked off by floating cars and other debris.

The storm dumped more than a month's worth of rain in just 12 hours, fuelling the worst flooding to hit the country in more than 40 years. At least 140 people died, and 32 are missing.

PATRICK ONG/THE ASSOCIATED PRESS

Flood victims wait for relief goods yesterday as water subsides.

Troops, police and volunteers have already rescued more than 7,900 people, but unconfirmed reports of more deaths abound, Defence Secretary Gilbert Teodoro said.

The extent of devastation became clearer yesterday as TV networks broadcast images of mud-covered communities, cars upended on city streets and reported huge numbers of villagers without drinking water, food and power.

In Manila's suburban Marikina city, a sofa hung from electric wires.

Among those stranded by the floodwaters was Filipina actress Christine Reyes, who was rescued by movie and TV heartthrob Richard Gutierrez from the rooftop of her home near Manila after she made a frantic call for help to a local TV network with her mobile phone.

Gutierrez, a close friend and Reyes' co-star in an upcoming movie, heard of her plight, borrowed an army speedboat and ferried Reyes, her mother and two young children to safety.

"I thought it was our ending but I did not lose hope," Reyes said, thanking Gutierrez. "Let us help those who have not yet been rescued."

THE ASSOCIATED PRESS

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MARTIN MEJIA/THE ASSOCIATED PRESS

In this 2007 file photo, journalists watch an image of former Peruvian president Alberto Fujimori shouting during his trial for authorizing death squads.

Peru's former president pleads guilty to wiretaps

PERU Former Peruvian president Alberto Fujimori, who already faces the prospect of spending the rest of his life in prison, pleaded guilty yesterday to authorizing illegal wiretaps and bribes of politicians, journalists and businessmen.

Fujimori, 71 and ailing, appeared to sleep during chief prosecutor Jose Pelaez's accusation, but stirred at the close of the session to say three words to the presiding judge: "Sir, I agree."

Pelaez requested an eight-year sentence for the illegal wiretaps, bribes and embezzlement, which would be served concurrently with a 25-year sentence imposed in his previous murder and kidnapping trial.

He could be freed far earlier, however, if his daughter Keiko is elected president in 2011.

She has vowed to pardon her father and she leads recent campaign polls, partly because Fujimori remains popular for crushing a leftist rebellion during his decade in power.

Fujimori was charged with ordering state funds to wiretap 28 politicians, journalists and businessmen, and bribe 13 congressmen to join his party.

THE ASSOCIATED PRESS

News in brief

UKRAINE Ukrainian authorities, facing withering criticism, have reversed a decision to build a hotel on a killing field used by Nazis during the infamous 1941 Babi Yar massacre, officials said yesterday. Rights advocates and scholars praised the decision by Kyiv Mayor Leonid Chernovetsky to veto the proposal.

SWEDEN Former Serb paramilitaries took part in last week's brazen helicopter raid of a cash depot in Stockholm, Serbian police officials said yesterday. Former members of the "Red Berets" paramilitary unit who fought wars in former Yugoslavia in the 1990s took part in the heist, along with Swedish robbers, said Interior Minister Ivica Dacic, who heads Serbia's police.

OKLAHOMA A woman was arrested after her 14-year-son told authorities he escaped from a home where he'd been kept for four and a half years, spending most of his time locked in a bedroom closet, police said yesterday.

THE ASSOCIATED PRESS

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Rash of bombings kills scores in Iraq
A string of bombings killed at least 18 people across Iraq yesterday, shattering a relative lull in violence during the celebration that marks the end of the Islamic holy month of Ramadan. THE ASSOCIATED PRESS

General outraged after Canadian injured by IED

Canada's top soldier in Afghanistan pulled no punches at a hastily called meeting with Afghan village elders yesterday after an IED attack sent another Canadian soldier to hospital.

Brig.-Gen. Jonathan Vance, the commander of Task Force Kandahar, was on his way to the model village of Deh-e-Bagh in the Dand district southwest of Kandahar city when shrapnel from a rocket-propelled grenade struck one of the vehicles in his convoy.

A kilometre past the village, he discovered an oncoming Canadian military vehicle had been blasted by a bomb planted in the road. The young soldier was airlifted from the scene with multiple fractures to his leg. The incident angered Vance, who immediately demanded a shura — or meeting with village elders — at the Dand district centre.

He wanted an explanation as to why villagers, who have benefited from Canadian aid and protection, didn't bother to warn them about the bomb.

BILL GRAVELAND/THE CANADIAN PRESS

Village elders from Deh-e-Bagh meet with Brig.-Gen. Jonathan Vance (not shown), following an IED blast that injured a Canadian soldier.

"It disgusts me that my soldiers can be hurt," Vance said to a group of 24 village elders in the shura, which lasted 50 minutes.

"If we keep blowing up on the roads I'm going to stop doing development," he warned. "If we stop doing development in Dand, I believe Afghanistan and Kandahar is a project that cannot be saved.

"There has to be a change starting now and we need to make sure the roads stay clear of IEDs," he said, referring to deadly improvised explosive devices that have repeatedly caused Canadian casualties. "If we don't start getting some serious co-operation from the people ... then I wonder whether or not it's worth another Canadian life."

> **"If we keep blowing up on the roads I'm going to stop development."**
> Canadian Brig.-Gen. Jonathan Vance to village elders

Tribal elders in Deh-e-Bagh have rejected the Taliban, asked for and received substantial help from Canada and the provincial government.

Many of the leaders solemnly nodded in agreement as Vance expressed his frustration. But they defended the efforts of villagers, many of whom have called a local hotline to report IEDs.

THE CANADIAN PRESS

News in brief

AFGHANISTAN U.S. Secretary of State Hillary Rodham Clinton said yesterday that Afghan President Hamid Karzai's government must earn the trust of the Afghan people by addressing claims of serious fraud in last month's elections.

UN The highest-ranking official from Myanmar's military government to appear before the UN General Assembly in 14 years lashed out yesterday against Western sanctions on his country. THE ASSOCIATED PRESS

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The early warning signs of a gambling problem aren't always easy to see.

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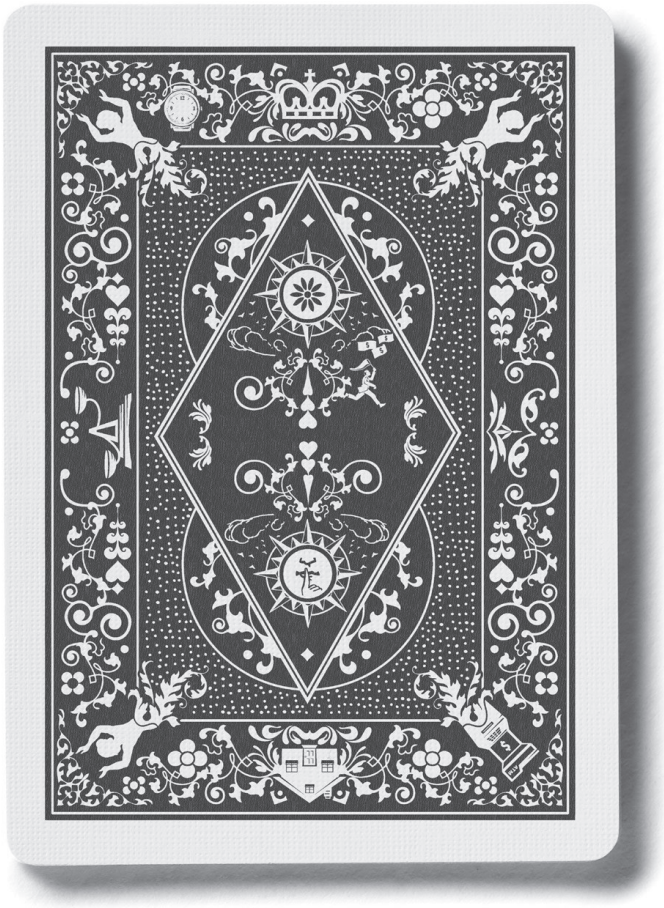

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Parents jailed for baby's death

A husband and wife were jailed yesterday in Australia for the manslaughter of their baby, who died after they chose to use homeopathic remedies rather than conventional medicine to treat her severe skin disorder.

Thomas Sam, a 42-year old college lecturer in homeopathy, and his wife Manju, 37, of Sydney, were convicted in June of the manslaughter of their nine-month-old daughter Gloria, who died of septicemia and malnutrition in May 2002.

The Indian-born, university-educated parents had faced a maximum penalty of 25 years each in prison if convicted. Instead, a Supreme Court judge ordered Sam to serve at least six years in jail, with a maximum sentence of eight years, and Manju to serve at least four years in jail with a maximum of five years and four months. The couple wept as they were sentenced.

The judge said it was clear homeopathy wasn't sufficient for dealing with Gloria's severe eczema, and said there was a "wide chasm" between her parents' approach and the action a reasonable parent would have taken.

THE ASSOCIATED PRESS

Homeopathy

- Homeopathy is a therapy based on the theory that diseases can be successfully treated with minute doses of substances that cause reactions in the human body similar to the disease symptoms.

Britain **What time is it?**

ALASTAIR GRANT/THE ASSOCIATED PRESS

Rosie Kempson, a Bonhams employee, holds two Victorian glass and brass bull's eye desktop clocks yesterday at Bonhams auction house in London. The clocks form part of the sale of the estate of Severin Wunderman, who built up the Gucci watch franchise.

Iran continues missile testing

WAR GAMES Iran tested its most advanced missiles yesterday to cap two days of war games, raising more international concern and stronger pressure to quickly come clean on the newly revealed nuclear site Tehran was secretly constructing.

State television said the powerful Revolutionary Guard, which controls Iran's missile program, successfully tested upgraded versions of missiles that can carry warheads and reach up to 2,000 kilometres, putting Israel, U.S. military bases in the Middle East, and parts of Europe within striking distance.

The missile tests were meant to flex Iran's military might and show readiness for any military threat. THE ASSOCIATED PRESS

News in brief

TERRORISM A law enforcement official has confirmed that investigators have identified possible accomplices of an Afghan immigrant accused of plotting a terrorist attack on New York.

THE ASSOCIATED PRESS

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Comment

Prime minister may want election

NationalReport

Stephen Harper keeps insisting he doesn't want an election. He repeated it yesterday when delivering an economic update in New Brunswick.

But down deep, is that what he is really thinking? The way the scales have tipped in his favour the last few weeks, he finds himself in position to make a good run for a majority government. We shouldn't be surprised, given his craftiness, if he brings forward measures that make it extremely difficult for the New Democrats — the only party propping up his government — to continue to support him.

The PM's only weak spot is in Quebec. He got a lift there yesterday with the embarrassment inflicted upon the Liberals with the resignation of their Quebec lieutenant, Denis Coderre.

Up until now one thing that could be said about Michael Ignatieff's leadership is that, in comparison to Stéphane Dion, he brought discipline to the Liberal party. Now even that is in doubt. Iggy is being called Iffy.

The prime minister's report on his stimulus plan yesterday was vague, perhaps deliberately so, perhaps intended to get the opposition parties more worked up. The government continues to claim the vast majority of its motherlode of stimulus projects is underway. The opposition insists the number is a paltry 12 per cent. The government's Building Canada website doesn't help clear up the discrepancy. It's a jumble, suggesting the opposition might have a point.

The Conservatives have spent $34 million in taxpayer money promoting their economic action plan. When the media found no less than 40 photos of Harper on the action plan website, making it look like the money was being blatantly used for political purposes, the Prime Minister's Office staged a guilty-looking retreat and had the photos removed. Yesterday in the Commons, Transport Minister John Baird was at pains to dodge questions on the matter, giving total non-answers.

No matter. The Conservatives are in the driver's seat.

A poll released yesterday showed that by a wide margin — 48 per cent to 30 per cent — Canadians believe the country is headed in the right direction.

That's quite a compliment for the government when you consider the economic hard times, the burgeoning deficit, the government's doddling approach to the environment and the downward direction of the war in Afghanistan.

On the face of it, Canadians don't really have much reason to be upbeat. But when they look around, when they look at the stumbling Liberals, when they look at the problems in the United States and other countries, they don't feel so bad. Harper knows this. What he says about the wisdom of holding an election should be taken with a grain of salt.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

There comes a time to eventually cut the cord

ModernLife

I remember my dad asking me after university why I wasn't moving back to the family home in a cosy Ottawa suburb. An obnoxious 20-something, I chirped, "Can I have guys stay over?"

"Of course not."

My parents took my departure well.

All my friends fled their homes back then and their parents were equally ecstatic. So why, 30 years later, do parents want their adult children home so badly? And why do their kids remain?

Many kids can't escape because their parents, formerly "helicopter parents," hovering at school and soccer, have now graduated to "hostage-taking parents." Slinging weapons like home-cooked breakfasts, free laundry service and open invitations to sleepover guests, they immobilize their prey.

Even when kids flee, they don't necessarily escape. Billy may head off for university, but mom has got Windex and sponges and she's not afraid to use them.

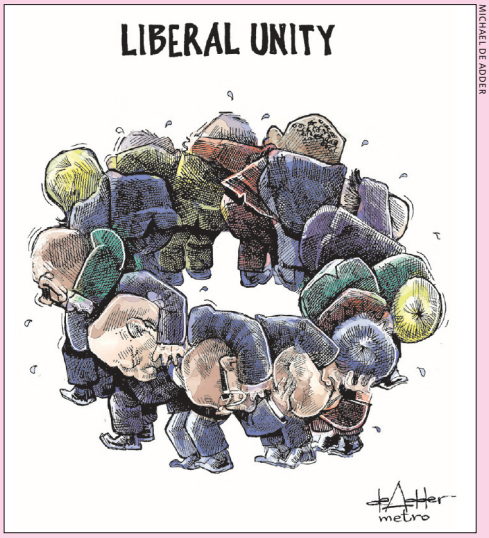
An employer I know sometimes has to deal with irate mothers when he fires an employee. One professor had to meet with an entire family when he doled out a B to a student.

Not "cutting the cord" enables parents to hide from reality. Stay-at-home parents don't have to head back into the workforce, (understandably daunting if you've been out 20 years), if they have to cook Shawna dinner.

I remember moving to a new job in my 20s and sobbing into a pay phone, "Mom, the job's too difficult — I hate it here." Instead of telling me to come home, she replied, "I know you can do it, Georgie."

I could and did. And so could she. Not only did she return to work, but my parents have been having a hoot ever since, without using their kids as crutches.

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com



MICHAEL DE ADDER

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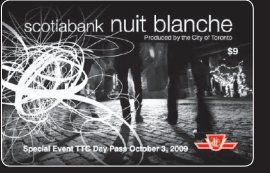

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Sprott Resource taking over Auriga Energy

Sprott Resource Corp., a mining exploration company dealing in natural resources, has an agreement to acquire Auriga Energy Inc. and create a new company through a two-stage stock swap and equity financing announced yesterday. Sprott will hold 70 per cent of the newly formed Acquireco. THE CANADIAN PRESS

Business

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US 0.34¢	US 11.8¢	US 82¢	126.33

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

EI claims drop for first time since October

The number of people getting jobless benefits fell for the first time in almost a year in July and the number of new EI recipients declined for the second month, offering further evidence Canada's labour market is improving.

July saw the number of workers on employment insurance benefits drop by 31,500 to 787,000, a 3.8 per cent decrease from June, Statistics Canada said.

The changes reflect in part the slowdown in job losses as the economy begins to grow again in the current summer quarter — after three quarters of economic shrinkage in the recession and the painful restructuring in Canada's auto and forestry industries that wiped out tens of thousands of jobs in the last year. But it was the decline in new entrants to the EI rolls that economists saw as the best signal of progress from the harsh jobs market of late last fall and early 2009.

Larger cities better off

Canada's largest cities show the ratio of benefit recipients to the number of unemployed at well below the national average of about 50 per cent:

- Montreal – 37 per cent
- Ottawa – 30.5 per cent
- Edmonton – 36 per cent
- Toronto – 30.5 per cent
- Calgary – 39 per cent
- Vancouver – 37 per cent

Initial claims were down 8.5 per cent to 274,700 during the month, following a similar decrease in June, Statistics Canada said.

"Less people are entering the system, so this is a good news story," said Millan Mulraine of the TD Bank. "The pace of job losses we had a few months ago eased considerably and is declining, so that underscores the fact the labour market itself may be improving."

Employment statistics dating to last October, when the recession first hit, show job losses mounted sharply in the first five months of the slump to a total of 357,000. Job losses then tailed off, totalling just 31,000 in the next five months through August.

THE CANADIAN PRESS

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Pilots' union wants court to intervene

DISPUTE The Federal Court of Canada is being asked to step into a dispute between pilots at Air Canada and the Canadian Human Rights Tribunal.

At issue is a tribunal decision that called into question the retirement age provision of the collective agreement between the Air Canada Pilots Association and the airline.

In a new release yesterday, the association says it believes the tribunal "erred at law by ignoring Supreme Court of Canada decisions which found it acceptable for employers and employees to determine a retirement age through the collective bargaining process."

The tribunal, in an Aug. 28 decision, ruled that Section 15(1)(c) of the Canadian Human Rights Act cannot be justified under the Canadian Charter of Rights and Freedoms as a reasonable limit prescribed by law that can be demonstrably justified in a free and democratic society.

That section of the human rights law states a practice is not discriminatory if an individual's employment is terminated because he or she has reached the normal age of retirement for employees working in similar positions.

THE CANADIAN PRESS

Nikkei Drops

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

An electronic stock indicator in Tokyo flashes Japan's Nikkei 225 stock average, which tumbled 256.46 points, or 2.5 per cent, to 10,009.52 yesterday after falling below the 10,000 level briefly for the first time since July 24.

Canadian Hydro buying offshore wind operation

ENERGY Even as it juggles takeover offers, green energy producer Canadian Hydro Developers Inc. announced plans yesterday to acquire what it says will be the largest offshore wind operation in the world.

The 4,000-megawatt offshore wind prospect in Ontario will be acquired from U.S-based Wasatch Wind Inc. When complete it will be able to supply enough renewable energy to power more than two million homes.

Canadian Hydro anticipates the prospect will be built in stages with the first phase coming online by the fourth quarter of 2014.

Project location

- The development would be located five to 30 kilometres off the shores of Lake Erie on the Ontario side. Financial details weren't disclosed and CEO Kent Brown said it's too early to know how much it would cost to build the facility.

It has been fending off a $654-million hostile takeover offer from Calgary-based power generator TransAlta Corp.

Established in 1989, Canadian Hydro owns and operates 21 hydro, wind, gas fired and other generation plants across the country.

THE CANADIAN PRESS

Loblaw acquires T&T Supermarket

GROCER Loblaw Companies Limited, Canada's largest grocery store chain, has closed the $225-million acquisition of Richmond, B.C.-based T&T Supermarket Inc., Canada's largest retailer of Asian foods.

The deal was announced Thursday and is part of the Toronto company's expansion in ethnic food markets to counter the impact of the recession on its traditional business.

T&T operates 17 stores in British Columbia, Alberta and Ontario and has four distribution centres, three in Vancouver and one in Toronto. The two cities have large Chinese-speaking populations.

THE CANADIAN PRESS

Bombardier gets $4B deal to build trains for China

TRANSPORT A joint venture led by Bombardier Inc. has been awarded a $4-billion US contract to build 80 high-speed trains in China that will use some of the Canadian company's most advanced technologies.

Bombardier's share of the contract is estimated at $2 billion US to build the trains that will have operating speeds of 380 kilometres per hour and use energy-saving technologies developed by Bombardier.

"It is the fastest, most eco-friendly VHS (very high speed) train in the world." Talal Zouaoui, spokesman

"It is the fastest, most eco-friendly VHS (very high speed) train in the world," company spokesman Talal Zouaoui said yesterday.

Bombardier Sifang Transportation Ltd., a Chinese joint venture of the Canadian industrial giant, will build the trains in China. Engineering and project management will be done in China and Europe.

Asiahas also become a major growth area for the company.

THE CANADIAN PRESS

Dejour to raise cash through flow-through common shares

Dejour Enterprises Ltd. announced yesterday it plans to raise some $2 million for exploration and development through the issue of about 3.3 million flow-through common shares. The company said the shares will be offered at 60 cents apiece in a non-brokered private placement. THE CANADIAN PRESS

Coke hopes coffee the one at Games

The 2010 Winter Olympics will be an international podium for soft drink giant Coca-Cola Co. to more widely promote its Far Coast brand of coffee and tea, a move marketing experts say is a clever use of its powerful sponsorship status.

VANCOUVER 2010 Games

The Vancouver event will also mark the first time Coke, a longtime Olympic sponsor, will serve the Far Coast line of hot drinks at a Games after rolling out the brand in select countries, including Canada and Norway, in recent years.

"It's an ideal venue for Coca-Cola to introduce their new products just simply because there is so much worldwide attention paid to it," said Lindsay Meredith, a marketing professor at Simon Fraser University in Vancouver. "These guys are worldwide marketers and eventually, I would not be surprised to see this product rolled out in other countries."

RENE JOHNSTON/TORSTAR NEWS SERVICE

Vancouverite Patricia Moreno, 18, was the first Olympic torchbearer selected by Coke. The bottling company bought the rights to organize the torchbearers.

Argus Research Co. analyst Erin Ashley Smith said Coke could be using the Olympics as a test market before expanding Far Coast into other countries, including the United States.

"I can definitely see them going more into coffee because they are looking into other channels of growth," Smith said.

Smith said Coke, the world's largest beverage company, is facing dwindling sales of its soft drinks and bottled water as consumers get more health and environmentally conscious.

The hot drink market is a territory Coke has yet to conquer.

Not only will Coke be able to serve Far Coast to a global audience at the Games, but the unofficial taste testing will happen in a host city known for its coffee culture.

THE CANADIAN PRESS

Lakeside Steel aware of takeover

NO CONTACT Lakeside Steel Inc. says it's aware through a media report that it may be targeted for a takeover attempt by John Maneely Corp., a U.S.-based steel pipe and tube manufacturer.

However, Lakeside said, there's been no contact from John Maneely and there's no assurance that any offer will ever be made by the American company, which is controlled by the Carlyle private equity group. THE CANADIAN PRESS

U.K. to ban exec bonuses

COMPENSATION British Treasury chief Alistair Darling said yesterday that annual bonuses for bank executives will be outlawed in an attempt to curb excessive risk-taking in the country's huge financial sector.

Darling told the governing Labour Party's annual conference in Brighton, England, that new legislation to restrict how the payments are made will be introduced in Parliament within weeks.

Leaders of the G20 group of rich and developing countries agreed last week to limit executive bonuses, but did not set specific caps.

Darling said bankers in Britain will in the future be offered bonuses for their performance over several years, rather than over 12 months.

"We won't allow greed and recklessness to ever again endanger the whole global economy and the lives of millions of people," Darling said.

THE ASSOCIATED PRESS

Business in brief

BANKING UBI Banca has agreed to transfer a business unit with more than $32 billion in assets to RBC Dexia. THE CANADIAN PRESS

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Frankfurt $199 — Travel Oct 10 - Oct 22/ts + taxes & fees $326
New York $249 — Travel Nov 1 - Nov 4/aa + taxes & fees $116
Glasgow $299 — Travel Oct 10- Oct 17/ts + taxes & fees $386
Mexico City $299 — Travel Nov 5 - Nov 20/dl + taxes & fees $208
Rio de Janeiro $469 — Travel Nov 5 - Nov 30/la + taxes & fees $254
Moscow $569 — Travel Nov 5 - Nov 28/ua + taxes & fees $385
Beijing $599 — Travel Nov 5 - Nov 30/ua + taxes & fees $355
Mumbai $799 — Travel Nov 5 - Nov 30/lh + taxes & fees $408
Bali $1199 — Travel Nov 6 - Dec 1/br + taxes & fees $282

Holidays

LAS VEGAS $195
Circus Circus + taxes & fees $241
INCLUDES roundtrip airfare and 4 nights 3-star accom on the Las Vegas Strip. Departs Dec 7/swg/wg. UPGRADE to 4-star Flamingo for $28 per night.

Orlando Family Special $165*
Best Western Lakeside + taxes & fees $231
INCLUDES roundtrip airfare and 7 nights 3-star accom near Walt Disney World Resort. Departs Oct 1/ggv/ts. ADD 7-day Magic Your Way Base Ticket for $231 per child.

Chicago $499
Best Western Grand Park Hotel Chicago + taxes & fees $115
INCLUDES roundtrip airfare and 3 nights 3-star downtown accom. Departs Oct 6/ggv/ac. ADD Chicago River and Lake Architecture Tour for $36.

London City Break $757
Ibis London Earls Court + taxes & fees $387
INCLUDES roundtrip airfare, transfers and 7 nights 3.5-star central accom with breakfast. Departs Oct 16/vat/ts.

Fiji Starter Package $1088
+ taxes & fees $366
INCLUDES roundtrip airfare to Nadi and a 7-day unlimited island hopping between 20 different Fijian Islands to customize your own Fijian holiday. Travel Oct 13 - Oct 27/ggv/fj.

All-inclusive Holidays

VARADERO 4-STAR $375
Mecure Playa de Oro + taxes & fees $210
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Oct 1/swg/wg.

Puerto Plata 4-Star $397
Grand Paradise Playa Dorada + taxes & fees $321
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Nov 5/nol/5g.

Puerto Vallarta 4-Star $397
Royal Decameron Complex + taxes & fees $272
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Oct 22/swg/wg.

Jamaica 4-Star $577
Holiday Inn Sunspree + taxes & fees $265
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Oct 10/nol/tsc6.

Aruba 4-Star $898
Holiday Inn Sunspree + taxes & fees $240
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Oct 26/vat/c6ts.

Adventure Tour

Road to Zanzibar 14 Days $1153
Road to Zanzibar + local payment USD820
HIGHLIGHTS Nairobi, Mto Wa Mbu, Karatu, Serengeti National Park, Ngorongoro Crater, Amani Home, Marangu, Usambara Mountains, Dar es Salaam & Zanzibar. Departs Nov 22/itp.

Cruise Holiday

MEXICAN RIVIERA CHRISTMAS $671
Norwegian Star + taxes & fees $72
INCLUDES 7-night cruise over Christmas, onboard meals & entertainment. Sail roundtrip from Los Angeles and visit Los Cabos, Mazatlan and Puerto Vallarta. Port charges included. Sails Dec 19. UPGRADE to oceanview cabin for $16 per night.

Culinary Holidays

Thailand Cooking in Koh Lanta $1699
Layana Boutique Resort & Spa taxes & fees included
INCLUDES 7 nights luxury accom with breakfast daily, 4 hands on cooking sessions followed by a meal of what you prepared, Thai coconut bowls to take home, recipes and apron, Krabi airport transfers, cooking session transfers. Travel Oct 17/otm.

India Cooking in Goa $1699
Casa de Goa taxes & fees included
INCLUDES 7 nights accom, 3 hands-on cooking classes with expert chef, lunch of what you prepared, visit to the local food markets with your chef, hand printed recipe book, spice & utensil guide, apron, spice garden excursion, airport arrival transfer, cooking session transfers.
Travel Nov 21/otm.

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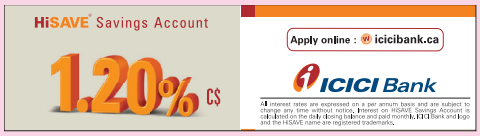
Your Money



Taxes linked to house worth

MoneyMatters

Q My property tax has increased almost five per cent. My supervisor lives three blocks south, yet his taxes did not increase. Why is our tax system unfair? — Ping

A Our various levels of government (federal, provincial and municipal) attempt to impose a fair and equitable tax system by employing three principles: taxation based on earnings, wealth and consumption.

Property taxes are assessed on the value of property you own. The more expensive the home, the higher taxes you pay. A house worth $3 million in Toronto, pays more tax than one worth $400,000 in the outlying GTA area.

Is this the best system? It is the one we have. Ultimately, change rests in the hands of the individual.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

Forget the RRSP deadline

AlisonOnMoney

I know. Here it is not even Thanksgiving and I'm urging you to think about something that normally isn't on your radar until February — RRSP contributions.

There's a method to my nagging. When you ignore your RRSP until the deadline you risk two things: Not maximizing your contribution or, worse, borrowing to make it.

It is all too easy to do the latter if you have a personal or home equity line of credit. I've even seen people take a cash advance on their credit card at RRSP time planning to pay it back with their tax refund.

But when the refund cheque arrives there are always other more pressing needs for it. You swear you'll get rid of the RRSP debt and start contributing monthly. Then "oops!" here's February again and the cycle repeats itself.

Even if you haven't contributed a dime to date, you've still got five months before the deadline. Don't worry so much about what to invest the money in, focus on getting the dough sheltered inside your RRSP.

Let's say your contribution room for 2009 is $2,000. If you start now with $200 a month you will only need to find $1,000 in the new year to max out your contribution rather than $2,000. Big difference.

The other major reason for getting on top of your RRSP is the benefit of having the deduction. If you don't contribute you can't deduct — ergo, higher taxes. And if you don't need the deduction right now you get to carry it forward until you do.

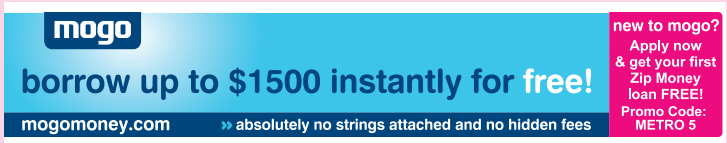
It is very easy to build up tens of thousands of dollars in contribution room and very hard to come up with the money, without borrowing, to take advantage of the tax deduction it represents.

Setting up an automatic contribution is by far the best way to go with your RRSPs. Once the habit of contributing regularly is ingrained and the money isn't available for you to spend, you won't think twice about it.

Alison's Money Rule:

- Start your RRSP contributions early and avoid New Year's financial stress.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.



Safina, Venus out, Wozniak advances at Toray Pan Pacific Open
Defending champion Dinara Safina and Venus Williams were knocked out in the second round of the Toray Pan Pacific Open yesterday while Canadian Aleksandra Wozniak advanced. THE ASSOCIATED PRESS

Sports

Fleury retires as a Flame

Theoren Fleury's career is ending in the same place it began. The 41-year-old has decided not to try to pursue a comeback with another NHL team, choosing instead to retire as a member of the Calgary Flames. "I could not sign with another team," he said. "I retire a Calgary Flame." The Flames released him from a tryout last week. Fleury is second on the Flames' all-time scoring list with 830 points in 791 games. THE CANADIAN PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Bosh refuses to make predictions this year

Chris Bosh has reached a watershed mark in his relatively young NBA career, a star at the crossroads and he's grown up enough to know talk is cheap.

Try to goad the Raptors star into making some guarantee.

It's not going to work. He's been burned once.

"When we looked at our team on paper last year before we came into training camp and even into the first week of the season, we had very high expectations and they stayed there. Things just didn't work out," he said during the team's annual media day yesterday.

"Honestly, my feelings were extremely hurt because all those things I was saying early in the season just didn't happen.

"It's not to say I don't have high hopes now but I'm not trying to predict it. I'm just trying to work to get where we want to go and we'll enjoy the fruits of our labour later."

Bosh will be the focal point of all things Raptor this coming season. He's the team's best player and its face, but he's also in the tenuous position of facing free agency next year and that will force him to carry an even larger burden this year.

To get more wins and have a better season and create an atmosphere Bosh feels comfortable in long term, he's going to have to continue to be the 20-point, 10-rebound all-star he's been for the past four years.

"I'm going to stop putting expectations on myself numbers wise. I'll just do whatever it takes to win," he said. "Sometimes you set goals and they don't get reached. But if you set a goal of winning, all the individual accolades will come."

TORSTAR NEWS SERVICE

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Blue Jays **Boston creamed**

GETTY IMAGES

Jose Bautista of the Toronto Blue Jays is congratulated by teammate John McDonald after hitting a two-run homer against the Boston Red Sox last night in Boston. The Blue Jays won 11-5 in seven innings after rain cut the game short.

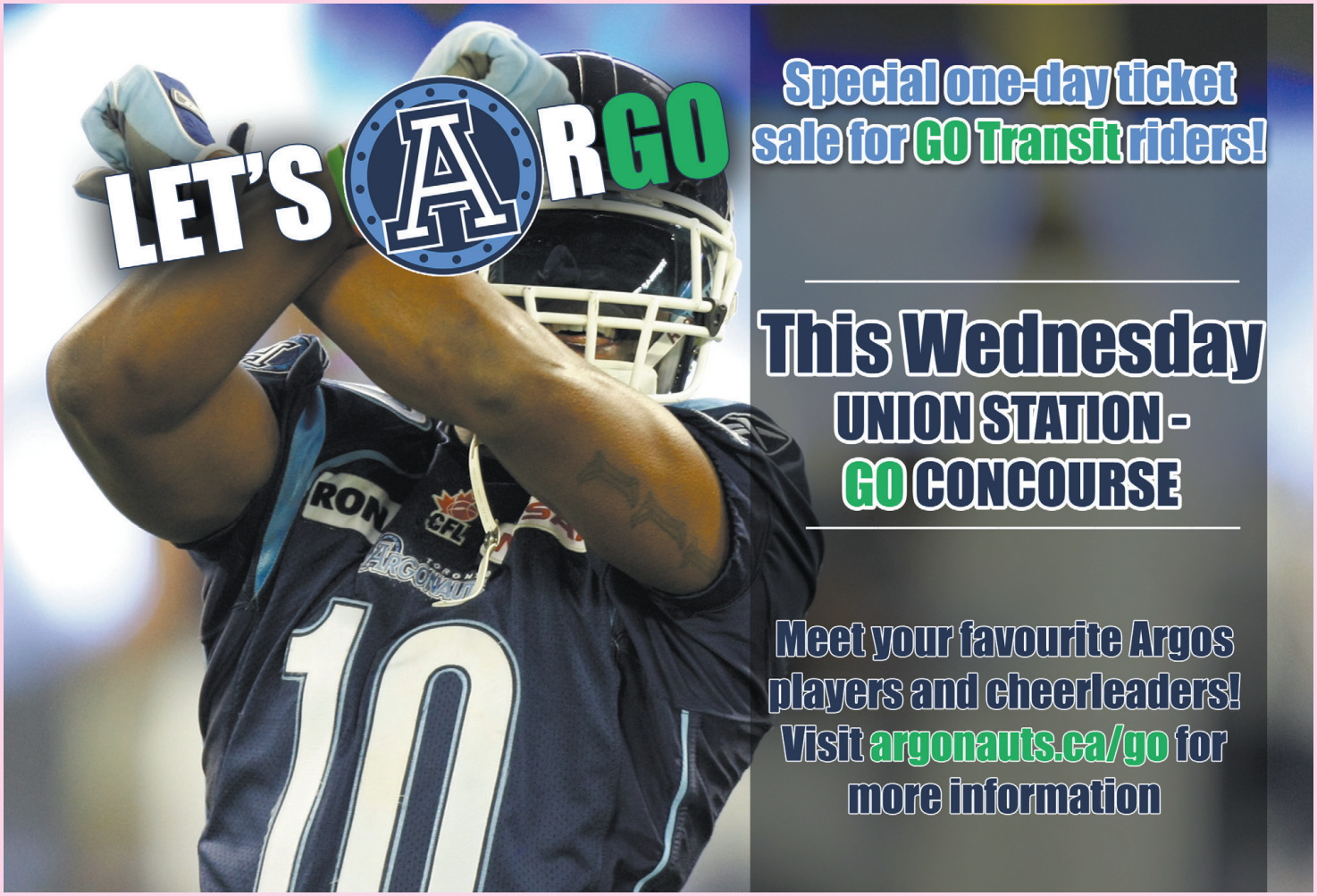
Sports in brief

CFL The Toronto Argonauts have dealt another disgruntled player. The Argos traded cornerback Byron Parker to the Edmonton Eskimos yesterday for future considerations. According to two league sources, the Argos will receive a 2010 draft pick for Parker.

NFL Miami Dolphins quarterback Chad Pennington dislocated his right shoulder and may seek a second opinion to determine how long he will be sidelined, a person familiar with his status said yesterday. Other media outlets reported Pennington had a torn capsule and was likely to miss the rest of the season.

NFL The Buffalo Bills secondary is minus two starters with cornerback Leodis McKelvin out indefinitely with a broken bone in his leg and safety Donte Whitner requiring surgery to repair an injured thumb. Coach Dick Jauron said yesterday that McKelvin's injury is the most serious.

METRO NEWS SERVICES



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Revolution lose captain

New England Revolution captain Steve Ralston will miss the rest of the Major League Soccer season because of a knee injury. THE ASSOCIATED PRESS

Raising awareness

Wife of Redskins owner talks about her cancer

Most Washington Redskins fans wouldn't recognize the soft Georgia twang of Tanya Snyder's voice if they heard it. Her 10 years since husband Dan bought the team have been spent behind the scenes, raising three children and supporting various causes, mainly breast cancer awareness.

NICK WASS/THE ASSOCIATED PRESS

Tanya Snyder, a breast cancer survivor and wife of Washington Redskins owner Daniel Snyder, holds a football with a pink ribbon.

Then, last year, she was diagnosed with the very condition she had been working so hard to fight. Now, as a cancer survivor, she is taking on a more public role as a national spokeswoman for NFL's "Crucial Catch" breast cancer awareness campaign.

"My life has been very private," the 47-year-old Snyder said in an interview with The Associated Press in her husband's office at Redskins Park. "And this was one of those things I felt like, after experiencing it, this was the thing that I need to step out for."

The NFL will be awash in pink on Oct. 4. Some players will wear pink cleats. Others will have pink gloves or wristbands. There will be pink towels and baseball caps on the sidelines. Even the goal post padding will be pink.

Arizona Cardinals receiver Larry Fitzgerald, whose mother died of breast cancer, is the other national spokesman for the campaign, which encourages screenings for women over 40 and is a partnership with the American Cancer Society.

Snyder was fortunate to spot the cancer early. She opted for surgery, both at the Mayo Clinic in Minnesota and at a hospital in the Washington area. The choice of treatment meant she did not have to undergo chemotherapy, so she still has her shoulder-length blond hair. She is doing well, although there are more follow-up visits to the doctor to come.

THE ASSOCIATED PRESS

Dazed And Confused

Most Drivers Lost When Looking For The Lowest Car Insurance Rates

Why Is It So Hard To Find The Best Rates?

The truth is, it isn't as difficult as it seems once you know where to look. We've all heard that it pays to shop around – and car insurance is no different. For most people, that means talking to friends, making phone calls, surfing the Internet, and speaking with several brokers and insurance companies to get competitive rates. But with over 30 insurance companies providing car insurance in Ontario, getting references and quotes from everyone takes too much time, right? Wrong. This is where an online service like InsuranceHotline.com, which provides real-time quotes from competing insurers, can help.

InsuranceHotline.com offers an independent, unbiased rate comparison from over 30 of the top insurance companies in Canada to find you the lowest rate for your profile and then connects you with a licensed broker or agent who can provide the policy. It is fast, safe and FREE.

Does It Really Pay To Shop Around?

Most consumers fail to realize that the rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

The key to finding the best rate is to figure out which insurance company has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

Don't Be Fooled By Others Offering To "Compare Quotes".

Unlike most of its competitors, InsuranceHotline.com does not sell insurance, is not a licensed broker or agent, and is not owned in whole or in part by an insurance company, agent or brokerage. This allows InsuranceHotline.com to be completely unbiased when providing insurance quotes and keeps its focus solely on finding the lowest insurance rates for consumers.

By contrast, most websites offering to "compare insurance quotes" are owned by or affiliated with insurance brokers or agents and are therefore only capable of quoting rates from the limited number of insurance companies they represent, typically no more than 4 or 5.

Start Saving Your Money Now.

InsuranceHotline.com puts you in the driver seat by making insurance companies compete for your business. With quotes from over 30 of the top insurance companies in Canada, InsuranceHotline.com is the simplest and easiest way to make sure you aren't overpaying for your car insurance. And it is completely FREE to use.

There is never any obligation. You decide if you're interested in the rate provided and whether you want to move your business. So what are you waiting for?

Rate Comparison

Driving Record	Lowest Price	Highest Price	Price Difference
Clean Record	$958	$2,213	$1,255
1 Ticket	$1,018	$2,552	$1,534
1 Accident	$1,849	$3,753	$1,904

InsuranceHotline.com

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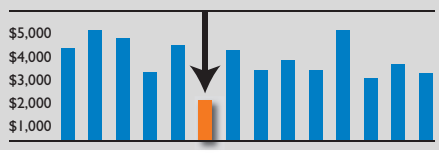

COMPARE OVER 30 QUOTES in minutes at InsuranceHotline.com

SPECIAL FOCUS ON:
Breast Cancer Awareness

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canada is a leader in prevention

One of the biggest studies in the world is underway here

CELIA MILNE
For Metro Canada

We run to cure cancer. We ride to conquer cancer. We walk to end cancer. Wouldn't it be great if we could prevent breast cancer before it starts?

Canadian researchers are on the leading edge of not only finding better ways to diagnose and treat breast cancer, but also showing the world how the disease might be prevented in the future.

"Canada is really, really leading in breast cancer research," says Dr. Morag Park, a cancer researcher and professor at McGill University in Montreal. "We've got leaders in imaging, clinical trials and animal modelling," she says.

Park studies what happens at the molecular level when someone develops cancer. "Many of us are probably walking around with the beginnings of cancer and never get it," she says. "What are the switches that allow cancer to develop? It sat there for 15 years and suddenly started to grow. That is not well understood."

Researchers around the globe are developing and linking studies and will begin to answer this question. "It is exciting," she says. Plus, new technologies give scientists the power to handle and analyse huge amounts of data. From that information comes knowledge on better treatments and ways to prevent cancer.

"We've got leaders in imaging, clinical trials and animal modelling."
Dr. Morag Park, cancer researcher

One of the weightiest prevention studies in the world is underway in Canada. The Canadian Partnership for Tomorrow Project, now enrolling people in British Columbia, Alberta, Ontario, Quebec and the Atlantic provinces, will help to answer questions such as: Who gets cancer? Who doesn't? Where do they live? Where do they work? What do they eat? How much do they exercise? The study will follow 300,000 Canadians over the next 20 to 30 years, who have agreed to be monitored for diet, physical activity level, sun exposure, tobacco use, exposure to chemicals, type of work, place of residence, and possible genetic factors.

Unlike many studies which are retrospective (looking back) and rely on people's memory of what they did, this study is prospective (looking forward) so results are more accurate.

ISTOCK PHOTO

Canadian researchers have the leading edge not only when it comes to finding better ways to diagnose and treat breast cancer, but also showing the world how the disease might be prevented.

Some enrollees, of course, will develop diseases such as breast cancer over the course of the study, and the data will reveal what patterns led to that. "It looks at environment, genes, behaviour and how those may inter-relate to cause breast cancer," says Dr. Heather Bryant, vice-president of cancer control at the Canadian Partnership Against Cancer in Toronto.

The power of pink

Support breast cancer awareness with these limited edition beauty and fashion products — on sale in October

One in nine Canadian women is expected to develop breast cancer during her lifetime. The good news, according to the Canadian Breast Cancer Foundation, is that two-thirds will live through it.

Help support this important cause as we head into October, Breast Cancer Awareness month. Here are a few examples of how you can incorporate a little pink into your life, while at the same time spreading awareness and raising funds for a cure. METRO NEWS SERVICE

Lise Watier Pink Tribute Mini Lipstick Kit featuring Shortcake, Sucre D'Orge and Golden Apricot ($19). Available in select department and drug stores across Canada. Visit lisewatier.com.

Estee Lauder Elizabeth Hurley Lip Set featuring lipstick, lipgloss and lip pencil in a pink ribbon cosmetic case ($30). Available at all Estée Lauder counters across Canada.

Clinique Lipgloss Key Chain featuring a signature pink ribbon charm and three mini Long Last Glosswear SPF 15 in Air Kiss, Kissyfit and Whisper ($22). Available at Sephora stores. sephora.com.

Clinique Dramatically Different Moisturizing Lotion ($45.50/200mL). Available at Clinique counters across Canada. Visit clinique.ca

OPI Pink of Hearts 2009 Edition Nail Lacquer ($10.95). Available at select professional salons across Canada. Call 800-341-9999 or visit opi.com.

Jeweled Pink Ribbon Pin ($18). Covered in 20 pink crystals with a jewelry pin backing closure. Available at all Estée Lauder counters across Canada.

Tweezerman Pink Ribbon Slant Tweezers ($28). available at drug and department stores across Canada. Visit tweezerman.com

Pink and white pajama set ($39.95). Available at La Vie en Rose boutiques and online at lavieen rose.com.

Swarovski's Pink Hope charm ($55) from the Swarovski Cares line. Visit swarovski.com.

Would you like a FREE Educational and Emotional Report on your adolescent?

Do you have an adolescent between 13 to 18 years of age (without psychological difficulties)? If so, you and your adolescent may be eligible for a research study being conducted at the University of Toronto.

Community Service Hours Certificate Awarded.

Please contact OISE/UT Research Lab at 416-978-0933 or by email at jwadhdlab@gmail.com

OISE UT

PATIENTS WITH SEVERE GUM DISEASE SOUGHT

University of Toronto Graduate Periodontal Program is seeking patients suitable for board examination cases. The program is seeking patients with severe gum disease who require treatment. Please call for a screening appointment. Very reasonable fees.

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MOUNT SINAI HOSPITAL
Joseph and Wolf Lebovic Health Complex

Taking Charge:
Healthy LIFEstyle Choices for Women After Breast Cancer

AstraZeneca Breast Health Program

The Marvelle Koffler Breast Centre in Mount Sinai Hospital has developed two health promotion programs for women concerned about their breast health.

Taking Charge: Healthy LIFEstyle Choices after Breast Cancer Program was developed for women after a diagnosis of breast cancer. Research shows that reducing weight by making healthier choices and increasing activity improves overall health and may reduce the chance of recurrence. This program includes 5 - two hour sessions which is given over a 10 week period. Individualized diet and exercise plans will be created for each participant by experts.

The Breast Health Program was developed for women without a personal history of breast cancer. Breast cancer risk reduction strategies are presented so women can make informed decisions. This one-time 2 hour session covers a variety of topics including the healthy breast, common concerns, risk factors, early detection methods, and optimal nutritional and activity lifestyle choices. Corporate and community sessions can also be booked.

To register for either program please call Linda at 416-586-4800 ext. 5190 and listen to the menu or go online at: www.mountsinai.on.ca/care/mkbc and click on Programs and Classes

MOUNT SINAI HOSPITAL
Joseph and Wolf Lebovic Health Complex

Researchers at Mount Sinai Hospital are looking for overweight men or women without diabetes between the ages of 18-65 to participate in a research study. Participants will be reimbursed for the nine hours required over a 2 month period to complete the study.

For more information call:
Dr. IG Fantus 416.586.8665

Support by type

Groups now customized by disease specifics

CELIA MILNE
For Metro Canada

Karyn Stowe is a 38-year-old mother of three kids, ages seven, four and three. A year ago, she was diagnosed with an aggressive form of breast cancer called HER2 positive.

"I was totally freaked out," she told Metro.

Not many women in Stowe's stage of life and with her level of good health get breast cancer.

She is active — working out several times a week and walking six kilometres a day in midtown Toronto. She eats well, including lots of organic foods. She has never been overweight. Each of her three kids was breastfed until almost one year of age, an activity that is supposed to be protective against breast cancer. No one in her family has ever had any type of cancer.

"I was enjoying life in my 30s," she says. "I had none of the risk factors. Breast cancer wasn't even on my radar."

Breast cancer is not one disease. There are many different types, each acting in different ways. Gone are the days when treatment followed a one-size-fits-all model. A new era has begun in which therapy targets the specific type of breast cancer. Stowe's cancer, HER2+, accounts for about 20 per cent of cases, and is often treated with a new targeted therapy called Herceptin.

Find cancer support groups at cancerview.ca, look under Cancer Journey

While going through treatment, Stowe found comfort in family, friends and neighbours. She had a mastectomy and lymph node removal in September 2008, and then six rounds of chemotherapy, followed by five weeks of daily radiation. Now, she is on Tamoxifen and Herceptin.

But as treatment winds down, Stowe still needs a shoulder to cry on, a place to commiserate and share.

Support systems are also entering a new era: They are custom-made for specific types of cancer. Rethink Breast Cancer, a support network for young women with breast cancer, is launching TellHER2.ca — a website dedicated to connecting those affected by HER2+ breast cancer.

Stowe thinks it's a great idea. "It's really nice to talk to someone who really understands your daily difficulties being a mom with breast cancer — caring for young children, fears for the future... wanting to plan but not sure if you can... wanting to chat normally with other moms on the playground... but feeling that you always have something much bigger in the back of your head. It's so nice to talk to other women who 'get it' because they're living it too."

ISTOCK PHOTO

Breast cancer support systems are entering a new era: They are custom-made for specific types of cancer. One example is TellHER2.ca, a website dedicated to those affected by HER2+ breast cancer.

Breast cancer survivors galore

• Though there's still much work to be done in breast cancer, the latest statistics point to good news. In fact, the five-year survival rate is 87 per cent, according to 2009 figures from the Canadian Cancer Society and Statistics Canada. Chances of surviving have risen five per cent over the last 15 years. Why? In 2009, it's estimated that there will be 22,900 new cases of breast cancer. And 5,400 Canadians will die of the disease.

CELIA MILNE/
FOR METRO CANADA

ADVERTISING FEATURE

How I Lost 140lbs and Changed My Life

With obesity affecting 2 out of 3 adult Canadians, maintaining a healthy weight is a constant struggle for many. John C tells how he sought help, lost more than 140 pounds and got his life back on track.

My weight was out of control. For most of my life, I struggled with weight gain, followed by weight loss, followed by weight gain – a vicious circle. Like so many others, I tried lots of variations on the themes of diet and exercise; most regimes worked... for a while... and then the weight came back (usually with a few additional pounds). I had dozens of excuses for not being in control of my own body, but what it really came down to was that I needed more help than I was prepared to admit to manage my lifestyle. I hated the way I felt and I hated the way I looked, but I didn't want to embark on yet another weight loss program which I believed would, in the long run, fail.

I come from a family with a terrible history of heart disease, stroke and cancer and I was setting myself up to slide down that very slippery and dangerous slope. I suffered from extremely high blood pressure and I was "borderline" for type 2 diabetes. I had almost constant joint and back pain and my family doctor was very concerned about these conditions as well as edema in my lower extremities. I knew that I was compromising my health, but I just couldn't get (and keep) my weight under control.

Then came weight loss surgery clinic, Slimband®. Slimband® gave me the tools that I needed to take control.

"Slimband® gave me the tools that I needed to take control"

The combination of the gastric band with nutritional and lifestyle coaching has made all the difference to me. I had almost immediate dramatic results that gave me the encouragement that I needed to work at making the process a success. After a substantial weight loss, things have settled into a steady, comfortable pace; I continue to lose weight gradually and I feel wonderful. I no longer suffer from joint and back pain; edema is a thing of the past for me. The risk of type 2 diabetes has disappeared. Working with my family doctor, we have significantly reduced my blood pressure medication. My overall health has improved noticeably and measurably. My doctor is thrilled and I couldn't be happier with the results.

From the beginning of this journey with Slimband®, it was made clear to me that if I was prepared to commit to the program, Slimband® was prepared to commit to me to help make it work. And that is what happened. From the pre-operative phase, through surgery to the post-operative phase, Slimband® has been there with a team of caring professionals who have partnered with me to make this new lifestyle a success. As I get closer to my goal weight, I realize that this is the best thing that I have ever done for myself. I have lost more than 140 pounds and I'm not done yet, but I know that I will make it... and this time the weight isn't coming back!

John C's before and after photo/Slimband®

Slimband®
Profile

Slimband® Centre

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Email: info@slimband.com

Procedure Performed:

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The Slimband® Centre is located in the Prince Arthur Medical Clinic, a fully-accredited ambulatory surgical facility that is situated in the prestigious Yorkville district, downtown Toronto. Built inside a beautiful Georgian mansion, it features four state-of-the-art surgical suites, six recovery sites, three overnight accommodation rooms, two consultation areas and a seminar presentation room.

The Slimband® Centre is staffed by highly-trained professionals, registered nurses and experienced patient care personnel. Combining years of expertise and outfitted with top-of-the-line medical equipment, it provides a comfortable atmosphere that caters to your weight loss concerns with the utmost consideration.

Website:
www.slimband.com

Health in brief

EVENT The annual Canadian Breast Cancer Foundation CIBC Run for the Cure is the largest single-day fundraising event in Canada dedicated to creating a future without breast cancer. Last year the Run raised over $28.5 million. This year's run takes place in over 50 communities on Oct. 4. For more information on the run, visit cbcf.org. METRO NEWS SERVICE

Would you like a FREE Educational and Emotional Report on your adolescent with ADHD?
Do you have an adolescent with ADHD between 13 to 18 years of age? If so, you and your adolescent may be eligible for a research study being conducted at the University of Toronto.
Community Service Hours Certificate Awarded.
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DENTAL IMPLANT PATIENTS SOUGHT
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Contact 416.979.4756

The breast clothing

Designs cater to bodies with little or no chest

ELISABETH BRAW
Metro World News

"I realized that the only clothing targeted to women who had lost their breasts were the medical bras hospitals sell."
Designer Hilary Boyajian

FASHION Looking to find a sexy dress for the single-breasted woman? Good luck. Fortunately, a New York fashion designer has pioneered a new approach.

"Many women can't or don't want to have reconstructive surgery," says Hilary Boyajian. "I realized that the only clothing targeted to women who had lost their breasts were the medical bras hospitals sell. Who goes clothes-shopping in a hospital?"

Between 70 per cent and 84 per cent of breast cancer patients in developed countries beat the disease, only to face an awkward reality: they have nothing to wear.

So Boyajian, a 33-year-old New York designer, developed Chikara, a fashion line for women with one or no breasts. The ancient Greece-inspired clothes, which are draped across the chest, cover up the missing breasts. Boyajian sells the clothes over the Internet and recently opened her first shop, in New York City's NoLita neighborhood.

"I get so many emails from breast cancer survivors thanking me for doing this," she says. "What they particularly like is that people don't look at their clothes and say 'Oh, that dress must be for a woman with no breasts.'"

For more information: chikaradesign.com.

Designer Hilary Boyajian doesn't want breast cancer to limit women's fashion options. For this reason she has designed a line of clothing for the woman with one or no breasts. It includes pieces like this sweater with draping across the chest (left) and one-sided bras (above). Her clothing is sold at chikaradesign.com

Men need to practise screening too

AWARENESS Though it is rare, men can and do get breast cancer.

According to the Canadian Breast Cancer Network, fewer than one per cent of breast cancer cases are found in men. Yet, they caution that it is still important for men to practice screening techniques. Men of all ages can develop breast cancer; however, it is most commonly diagnosed between the ages of 60 and 70.

Risk factors for men include having a family history of breast cancer, carrying the BRCA2 gene mutation, estrogen administration and having a disease or condition associated with hyperestrogenism. Symptoms for men to be aware of include breast lumps, nipple inversion and nipple discharge. METRO NEWS SERVICE

Breast cancer: Just the facts

- **NEW CASES:** 22,700 per year
- **SYMPTOMS:** Lump in breast or armpit, changes in breast size or shape, changes in skin temperature, redness or swelling, inverted nipple, crusting or scaling on nipple.
- **SCREENING:** Mammography (once every two years recommended for women ages 50 to 69); clinical examination (once every two years recommended for women over 40); self-examination. Women with family history of the disease should ask a doctor about a personal plan.
- **TREATMENT:** A lumpectomy removes the tumour while conserving most of the breast. A mastectomy removes the entire breast and sometimes the lymph nodes. Radiation is used to treat many stages of breast cancer and frequently used after a lumpectomy. Biological therapy helps the body's immune system fight cancer. Herceptin is used to treat human epidermal growth factor positive (HER2) tumours.
- **LATEST RESEARCH:** Research funded by the Canadian Cancer Society includes assessing what information patients require about complementary therapies, the use of MRI to detect if the cancer has spread, investigating whether combining various anti-cancer drugs can activate genes that prevent spreading.

TORSTAR NEWS SERVICE

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Women's College Hospital

EARLY-BREAKING NEWS. m.metronews.ca

The Truth about Back Pain and Headaches

How a revolutionary home therapy system is helping people stay away from the pain killers

If you suffer from chronic pain, you know that it causes much more than discomfort. It also impacts your outlook on life and interferes with daily activities. Treating the cause of the pain instead of just the symptoms will help you effectively live life more fully, Dr. Michael Ho advises.

"Most chronic pain, including back pain and fibromyalgia, is not a disease but a condition. Being in chronic pain affects your mood, your family, your productivity at work and your enjoyment of daily life," says Dr.Ho. "Relying on pain pills is not the answer! In order to get rid of the pain, you need to get rid of the cause."

Dr.Ho has been treating patients with chronic conditions such as back pain, fibromyalgia, arthritis, pinched nerves, headaches, sciatica and repetitive strain injuries for more than 20 years. "Over 90% of all pain is involved with muscle tension. Restricted joint movement and irritation of blood vessels and/or nerve fibres are the focal causes of pain," he says.

"We need to relax tense muscles, restore movement to joints and improve blood and nerve circulation," says Dr.Ho. Dr.Michael Ho developed his Muscle Therapy System for use in his clinic and later created a home system to meet the needs of patients.

"Many people cannot afford the time or the cost of treating their chronic pain and end up running to clinics when they're in crisis," says Dr.Ho. "Others simply don't have access to the help they need."

The system is easy to use and comes with an instructional DVD that shows you where to place massage pads for 20 common conditions, including aching lower back and neck and shoulder pain or pain caused by arthritis. This medical science breakthrough uses a microchip program which simulates deep muscle massage therapy and muscle movement exercises to the targeted tense and tight muscles.

The system features three leading technologies: transcutaneous electrical nerve stimulation (TENS), electronic muscle stimulation (EMS) and pulse massage stimulation. The combined technology works together to decrease pain, relax the muscles and improve blood and nerve circulation. Dr.Ho says, "It is vital for long-term pain relief that these technologies are used together. By combining these technologies into one portable unit, my patients have experienced faster, longer lasting pain relief." This is truly a life changing breakthrough. The system promotes natural healing. "Many people have concerns that drugs may cause unwanted side effects. You can use this system even if you are on medications. It's also safe for people with metal implants - such as a knee or hip replacement - and can relieve their pain and stiffness."

Dr.Ho points to independent studies that have found Dr-Ho's Muscle Therapy System reduces muscle tension, improves circulation and reduces pain significantly within 20 minutes of use. "It's designed so you can do the things you enjoy in life," says Dr.Ho.

DR-HO'S Muscle Therapy System is one of the only registered medical devices with Health Canada that is clinically proven to relieve pain, improve circulation and decrease stiffness in as little as 20 minutes. "It doesn't matter how long you've been suffering, I've had patients who have suffered with chronic pain for 50+ years and still got tremendous relief using the Muscle Therapy System." says Dr.Ho. If you are suffering from pain, I urge you to try the Muscle Therapy System. You've suffered long enough, it's time for pain and pain killers to stop controlling your life.

For more information about how you can benefit from Dr.Ho's Muscle Therapy System, call 1-877-374-6669 or visit www.DrHoNow.com

DR-HO'S $50 OFF SALE ENDS OCT 1st

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Dual Muscle Therapy System helps relieve symptoms of:
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- Improve Circulation

In as little as 20 minutes!

$50 OFF SALE ENDS Oct 1st

Dr. Fujimigari

"I find that DR-HO'S works for patients with headaches, neck & shoulder pain, and lower back problems."

Louise Walsh

"I'm a headache sufferer for over 63 years. I've had tension, migraine and cluster headaches. I took medications, but nothing touched it, until I found DR-HO'S. After 10 mins, I found the headaches had eased. After 20 mins, it was gone."

Dr. Michael Ho

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Promo Code: No Pain Sale Ends Oct 1st

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"I've had constipation all my life and Type 2 Diabetes for 10 years. I have lost 35 pounds. I look better, feel better and take no more meds."

DR-HO'S Detox helps with:
- Bloating, Gas & Cramps
- Weight Gain
- Constipation
- Candida Yeast Infection
- Irritable Bowel (IBS)
- Water Retention
- Heart Burn / Indigestion
- Diverticulitis

Before

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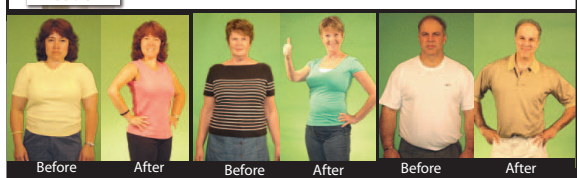

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DHA boosts babies' cognitive skills

Adding fatty acid nutrient to formula can help develop goal-directed behaviour: Study

Babies fed formula experimentally supplemented with the essential fatty acid DHA appear to have higher cognitive skills than infants given standard formula, a study has found.

Researchers at the Retina Foundation Southwest and the University of Texas studied more than 200 infants randomly assigned to be fed either DHA-fortified formula or standard formula.

Previous research has shown that breast-fed babies have more advanced cognitive skills than formula-fed babies and those capabilities appear to persist into later childhood. Scientists have suggested the difference could be due to high levels of DHA found naturally in breast milk.

To test the theory, researchers at the Retina Foundation Southwest and the University of Texas studied more than 200 infants randomly assigned to be fed either DHA-fortified formula or standard formula.

The study included three groups of babies at different ages given one formula or the other: The first group within days of birth; the second group after six weeks of being breast-fed and weaned; and the third following four to six months of breastfeeding and weaning.

All the children were assessed at nine months of age using a problem-solving test in which they had to complete a sequence of steps to reach and grab hold of a rattle.

In the two-step test, the babies had to remove a cloth covering the rattle and pull another cloth on which the toy was placed so it was close enough to pick up, said James Drover, who helped conduct the study during a post-doctoral fellowship at the Retina Foundation in Dallas.

"So it's very goal-directed," Drover, now an assistant professor of psychology at Newfoundland and Labrador's Memorial University, said Tuesday from St. John's. "They have to carry out those behaviours in order to get the toy."

"And what we found was the children that were fed the DHA-supplemented formula were more likely to show these goal-directed behaviours. They had higher intentions scores. Not only that, but they were more likely to be successful on each trial."

Dr. Robert Issenman, chief of pediatric gastroenterology and nutrition at McMaster Children's Hospital, could not comment specifically on the study, but said DHA has long been suspected of being "a very important nutrient in infants in terms of their neuro-cognitive development."

In fact, DHA has routinely been added to formula given to premature infants and recently manufacturers began selling DHA-enhanced formula for all babies "on the premise that if it's good for the premature babies, it might be good for (full-)term babies."

Issenman, a spokesman for the Canadian Paediatric Society, said researchers would need to study children over time to determine whether inclusion of DHA in formula for infants actually has lasting effects on their cognitive abilities compared with kids who didn't get DHA-added formula.

"The Canadian Paediatric Society would say that one way to assure that you're getting appropriate levels of nutrients for infants is to breastfeed," he said from Hamilton. "And we encourage breastfeeding of all babies, exclusively for six months and at least to a year."

As to the benefits of adding DHA to formula, Issenman said the CPS "doesn't have a position on that at this time."

Bruce Holub, a professor of nutritional sciences at Ontario's University of Guelph, said the study used amounts of DHA in its enhanced formula that are rarely seen in the breast milk of Canadian mothers — but should be.

Holub, an expert in DHA and other Omega-3 fatty acids, said studies have shown that on average, pregnant and lactating women in Canada have DHA levels far below optimal.

Breastfeeding, when possible, is certainly recommended, he stressed. But women need to add more DHA-rich foods to their diets — especially fish — so their babies get enough of the nutrient in the breast milk.

The study appears in the September-October 2009 issue of the journal Child Development.

THE CANADIAN PRESS

What is DHA?

- DHA, or docosahexaenoic acid, is found in high concentrations in the human brain and retina of the eyes. Dietary sources include oily fish, eggs and meat.

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INNOVATION Get to know your breasts. Women often hear it's a good idea to feel for changes in their breasts. Lumps and asymmetries could signal cancer. Now, a small handheld machine that can be used at home allows women to see changes as well feel them.

The Breastlight, which looks a bit like a mini hair dryer, is a device containing a powerful light.

When you press it to your breast, it lights up and shows what your breast looks like on the inside. Dark lines, for instance, are veins, and that is normal. But dark shadows or splotches may be a signal to go to the doctor for a mammogram or clinical examination. In most cases, it is a false alarm, but it's better to be safe than sorry.

Breastlight is used with a water-based lubricant. The device costs $149.99, a little steep, but it can be used over and over again. It is available at Rexall and Rexall Pharma Plus stores and at breastlight.ca. CELIA MILNE/ FOR METRO CANADA

The Breastlight costs $149.99 and is available at Rexall and Rexall Pharma Plus stores or at breastlight.ca.

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The cougar conundrum

Double standard still exists for older women, younger men

The J Spot

Josey Vogels

metronews.ca/thejspot

When Claudia Openkelder told me that ABC refused to run her ad for CougarLife.com in certain markets during the premier of Courtney Cox's new series Cougar Town because advertising a service that helps older women meet younger men clashed with the network's Disney-affiliated image, I was as taken aback as she was.

Surely, I thought, six years into Demi Moore and Ashton Kutcher, we're no longer shocked by the idea of older women dating, even marrying, much younger men.

But then I tried to imagine how I'd feel if the advertiser were sugardaddy.com or establishedmen.com, one of the many sites that set older men up with young women.

Would I be equally dumbfounded? I doubt it.

But that's because powerful, wealthy men have been dating younger women for years and nobody bats an eye, says Openkelder, who, at age 39 is dating a guy 14 years younger.

Now that women are enjoying more independence, wealth and power than ever before, we're seeing more women looking for a young, spirited mate who can keep up with her.

Certainly, women still have more hurdles to overcome in this arena. I am reminded of a story that a colleague told me about her marriage to a guy five years younger.

"Powerful and wealthy men have been dating younger women for years."

His mother walked around her wedding telling people: "She's older than him, you know, AND a divorcee!" I kid you not. Surely, had it been the other way around, no one would have blinked.

And the irony of ABC's decision not to run her ad — which depicts a bunch of shirtless construction workers outside a school ogling the teacher rather than the students — during a series all about older women dating younger men is not lost on Openkelder.

"Apparently, they're okay with a fiction version of this idea, but they're not comfortable with the reality," she says.

I just worry that the Cougar is becoming yet another image modern women have to live up to. After all, CougarLife.com describes cougars as independent, sexy, wildly successful, classy, confident, smart. Phew. Meanwhile the only adjective for the men over on establishedmen.com is "financially successful."

I couldn't agree more that as women enjoy more independence and power they should also enjoy a greater variety of choices when it comes to all aspects of their lives.

But for me, the double standard will only really end when we don't have to bend over backwards convincing society that women still have a shelf life after 40. And no one blinks when we marry a younger man.

• Share your best relationship disaster story on the comments section of Josey's Sexcetera blog at metronews.ca/blog.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

After Demi Moore and Ashton Kutcher, are we still shocked by the idea of older women dating, or even marrying, younger men? Looks like some people still are.

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Elective breast removal

Voluntary mastectomy rates are up, says U.S. study

ELISABETH BRAW
Metro World News

Losing your breasts as a result of cancer is traumatic enough. But removing them voluntarily? Lots of women do it.

"It felt like I had a ticking bomb in my body," recalls Jennifer Chamberlin, a 36-year-old paramedic from Pennsylvania. "My grandmothers and several aunts had had breast cancer."

So Chamberlain decided to surgically remove both of her breasts, along with her ovaries — even though she didn't have cancer.

"I just didn't want to risk getting cancer. I know I can still get other types of cancer, but this was one risk I could do something about," she says.

Chamberlin is not unique: between 1998 and 2005, the rate of contralateral prophylactic mastectomy — removal of two healthy breasts — among U.S. women increased by 188 per cent, according to a study by physicians at the University of Minnesota School of Medicine.

"The 10-year survival rate for women with DCIS (the most common form of breast cancer) is 98 to 99 per cent," says lead researcher Dr. Todd Tuttle.

"Removal of a normal breast will not improve the excellent survival rates. Nevertheless, many women, particularly young women, are choosing to have both breasts removed."

Jamie Inman of California made the same choice — and deeply regrets it.

"If I had known about the sexual side effects there's no way I'd have done this," she says.

"Not having any nipple sensation has been devastating, both to my me and my husband."

ISTOCK PHOTO

The rate of contralateral prophylactic mastectomy — removal of two healthy breasts — among U.S. women increased by 188 per cent between 1998 and 2005.

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Cancer-fighting dogs

CELIA PEDROSO
Metro World News

Dogs can help fight two of the most deadly types of cancer — breast and lung cancer — detecting it in exhaled breath.

A study conducted at the Pine Street Foundation, a non-profit cancer education and research group in San Anselmo, Calif., had such good results that a new research, related with ovarian cancer, is currently being done. The methodology is similar as are the breeds used.

Nicholas Broffman, executive director of the Pine Street Foundation, alerts: "Should your best friend display a persistent and animated behaviour around a person, we do recommend medical follow-up."

Here Broffman answers questions about his studies:

Researchers now use dogs to conduct cancer detection studies by having them sniff exhaled breath samples.

Q How were the reactions to your study in the medical community?

A The medical community is always looking for ways to improve accuracy and find methods that can detect cancer at its earliest stages. Other researchers around the world are now working on the early detection of disease through scent and biological biomarkers.

Q After your successful studies, should we worry if our pets insist on smelling our neck or breath?

A Numerous anecdotal reports have been published and televised documenting individual cases in which dogs began to display persistent and animated behaviour around specific body locations on their owners. These behaviours, on subsequent medical evaluation, proved to be accurate, and in some cases life-saving, early warning signs of cancers such as those of the breast and skin (melanoma). Therefore, should your dog display such behaviour around a person, we do recommend medical follow-up.

Q Do you think your studies can lead to a future scent detection system in clinical practice, alongside mammograms, for instance?

A Our research will lead to the development of new diagnostic tools that can be used along currently accepted screening methods, such as mammogram and CT scans.

Q Will dogs one day detect cancer even earlier than standard screening tests?

A The specificity and the sensitivity of the dogs involved in our 2006 study exceeded several currently accepted screening methods.

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The man who made the whole town lose weight!

In the small town of Ålesund in Norway, people have been introduced to a secret about weight loss that made over 1500 of them lose weight. The man behind the secret is a health food storeowner, who discovered a new and innovative way of using mulberries.

A CUSTOMER ASKED FOR ADVICE

It all began a summer day in 2006 when a customer of Johnny Pettersen asked him for advice about how to eliminate sugar cravings; "I gave my customer a box of New Nordic's Mulberry leaf tablets, because mulberry is well known to lower your blood sugar after meals. When blood sugar is stable, sugar cravings disappear. It worked very well!"

THE MULBERRY DIET!

"I recommended mulberry to many of my customers and soon noticed that they were losing weight. This made me curious, so I studied the effect of mulberries on blood sugar, insulin and fat burning. Surely enough, because of the effect on blood sugar, mulberry leafs also lead to a lower insulin secretion, which makes you able to burn stored fat better and also reduces fat storage from excess calories.

I increased the dosage and now started recommending two mulberry tablets before each meal. It worked better than I expected! My customers not only controlled their sugar cravings, but also lost significant amounts of weight." says Johnny, and continues: "I recommend customers to follow the program for a minimum of 10 days, in order to also eliminate their need for sugar stimulation. Sugar works as a drug on the brain and people need to eliminate the need for a sugar high, if they want to stay slim. With mulberry my customers changed to a healthier diet without even noticing it – they simply didn't crave sugar."

1500 CUSTOMERS LOST WEIGHT

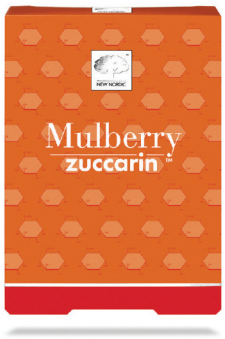
After the success of the first customers, word traveled fast; "In the last 12 months I have worked with over 1500 customers in Ålesund and the surrounding area. Mulberry has been a tremendous success. Once my customers try the tablets they come back, often with friends and family, and buy 4-6 packages at a time – not just one. It is a great business, but even more rewarding because I see my customers coming back happy, healthy and slim", Johnny explains.

AN OLD JAPANESE TRADITION

For centuries, the Japanese have enjoyed the health benefits from mulberry leaf teas, and today we know from clinical studies how mulberry leaves regulate blood sugar levels. For dieters, this means a lower production of insulin after eating carbohydrates. Insulin is responsible for storing excess calories as fat and for shutting down fat burning. Too much insulin is a dieter's worst enemy!

NOW IN CANADA

Scandinavian manufacturer New Nordic has recently launched a mulberry product in Canada, called Mulberry Zuccarin™. The tablets have been developed in Japan in collaboration with mulberry farmers, botanical experts and a reputable Japanese university hospital outside of Tokyo. Each tablet contains 400 mg of pure mulberry leaf extract.



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NEW NORDIC™

Survivor takes it in stride

ELISABETH BRAW
Metro World News

Bridget Spence knows she wants children. But she doesn't dare to even dream of it. The 25-year-old has Stage IV breast cancer.

One day four years ago, Spence felt a lump in her breast. She saw a doctor, who checked her breast and assured her that it was nothing to worry about.

"But when I graduated six months later, the lump was protruding from my breast, and my parents told me I looked yellow," recalls Spence, a fit yoga-fan with no family history of breast cancer. "So I went to a different doctor. He told me that I had Stage IV breast cancer that it had spread to the liver."

Spence was given a 16 per cent chance of surviving until age 30.

"At first I was very angry at having been misdiagnosed and wondered 'why me?'" she tells Metro. "But then I thought 'I'll show you! I'll be one of the 16 per cent'!" Four years later, Spence is still alive. She even has a full-time job.

But she knows the disease may still defeat her.

"Cancer is a roller-coaster," she explains. "There are bad days and good days, where I think I can be among the 16 per cent. I look healthy and you would never know that I go to chemo (chemotherapy) every day. But I have this demon in me."

PHOTO BY JAMIE CHRISTIAN

Bridget Spence, left, a 25-year-old with Stage IV breast cancer, is seen here with her mother Dorothy Mooney.

"At first I was very angry at having been misdiagnosed and wondered 'why me?'... But then I thought 'I'll show you! I'll be one of the 16 per cent.'"
Bridget Spence, 25

The worst days come every three months, when Spence undergoes a scan to see if the tumor has grown.

"Then I turn off the phone and go into survival mode," she says. "If it's good news I go on a little shopping spree afterwards."

Spence, who lives in Boston, Mass., recently got married. With Spence's life proceeding in three-month increments, she and her now-husband didn't want to wait.

"But I don't allow myself to think about children," she says. Instead she travels to educate young women about breast cancer.

"People think that only old people get cancer, or that cancer patients are bald," she explains. "I have a responsibility to tell people my story."

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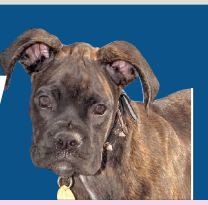
KIP-funded project in Ontario break ground

Several post-secondary schools in Ontario have held groundbreaking ceremonies recently for projects that have received Knowledge Infrastructure Program funding. These include, the University of Waterloo's engineering and math project expansionand the University of Toronto broke ground for its instructional centre. METRO NEWS SERVICES

Workology



uSask gone to the dogs

Last Friday, the University of Saskatchewan's Western College of Veterinary Medicine welcomed 77 students to its four-year Doctor of Veterinary Medicine program. The Class of 2013 is the largest first-year class in the college's history.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Little change coming for fourth-quarter hiring: CFOs

EMPLOYMENT Most financial executives plan to maintain their current accounting and finance staff levels in the fourth quarter, according to the Robert Half International Financial Hiring Index. Eighty-four per cent of chief financial officers (CFOs) interviewed said they will take no hiring actions before the end of the year. Four per cent of respondents expect to add full-time employees while 10 per cent foresee cutbacks, up from 8 per cent who forecast personnel reductions last quarter.

The Robert Half International Financial Hiring Index is based on telephone interviews with more than 1,400 CFOs across the United States. It was conducted by an independent research firm and developed by Robert Half International.

"Organizations appear to be exercising caution before adding full-time staff until there are signs of a sustained recovery," said Max Messmer, chairman and CEO of Robert Half International. "At the same time, companies recognize that carefully chosen accounting and finance professionals are critical to their efforts to manage what remains of the recession and also to take advantage of growth opportunities once conditions improve."

METRO NEWS SERVICES

One monster of a career

Past census reveals lunatic keepers, idiots as jobs

MAT LECOMPTE
for Metro Canada

People go to university to become lawyers, doctors and executives. It's doubtful they go to become "monsters"; but to each their own.

It comes as no surprise that people want careers that pay well and allow them to make their mark on the world … and what better way to leave an imprint than a Mercedes-Benz parked in front of a mansion?

Of course, things weren't always this way. People used to slug it out as Monsters and Lunatic Keepers. For real.

Take John Corbett, for example. In the 1901 Census, Mr. Corbett listed his occupation as a "lunatic keeper." Not to be outdone, Mr. Robert Hosking cited his day job as a "monster." It'd be a safe bet to say there was no Mercedes in either of their driveways.

That nomenclature might not hold up today. According to Karen Peterson, spokesperson for Ancestry.ca, Mr. Corbett was likely employed at some kind of mental health institution. And Mr. Hosking? Well, it's likely he just didn't like to be bothered.

But no matter what the job title was, folks like Mr. Corbett and Mr. Hosking have a lot to offer about the history of our country.

Though lunatic keeper was listed as a profession in the 1901 census, it's likely that the person worked at some kind of mental health institution.

"From a personal history perspective, these stories are incredibly rich. They create a legacy" says Peterson.

After all, we all came from somewhere. And that place serves as a reminder that things weren't always as they are today.

"It's fun to see that these true stories exist," she says. "They show how the nation has developed."

For example, in 1901 there wasn't the heavy emphasis on education that there is today. There were 30,000 "saloon keepers," compared to only 1,000 doctors. That's quite the discrepancy for a population just over five million.

If you needed to see a doctor at the turn of the century, you'd better have brought a great book along because you would've had quite the wait on your hands.

In 1901 there was roughly one doctor for every 5,000 patients. In comparison, these days — where every 531st Canadian has a doctor. The times, they have a-changed.

Witch, pig nurse...

- Ancestry.ca took a look at some of the most interesting job titles. Their findings:
- Lunatic Keeper
- Criminal
- Idiot
- Beggar
- Witch
- Monster
- Pig Nurse
- There were also some interesting notes that tell us a lot about our nation's history and where we came from. Here are some more facts found by ancestry.ca:
- In 1901 most common job was a labourer. It was more than twice as common as it is now.
- In the time between the mid-nineteenth century and the First World War, only 40,000 listed themselves as teachers. Most of whom were women.
- Some of the most common jobs in Canada during the mid-nineteenth century and the First World War were bankers, nurses and merchants. In 2006, the top occupational fields were education, science, food service and administration work.

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SFU to join NCAA earlier
Simon Fraser University sports teams will compete in Division II of the National Collegiate Athletics Association next fall — a year earlier than originally planned. METRO NEWS SERVICES

Making sure the engine hums

MAT LECOMPTE
for Metro Canada

It's amazing how some things can go so fast without actually going anywhere at all.

Cars, along with people on treadmills, just happen to be one of these things. That's part of the reason why being a mechanic can be such a great career choice. Cars aren't going anywhere for a long, long time.

"I'm not worried about my job (in this economy)," says automotive technician Justin Gullison. "There's always going to be cars to fix. Cars aren't going anywhere. It's an amazing trade to get in to."

Gullison, 22, is a mechanic at Colombo Chrysler in Woodbridge. He apprenticed there during his schooling in Centennial College's Automotive program. Immediately upon graduation, he was hired to a full-time position.

In fact, Centennial offers a Chrysler-specific program for students where they learn exclusively about Chrysler models and work on Chrysler cars. The manufacturer even donates cars to the college for students to hone their craft.

Peter Woodall, the chairperson of Centennial's Automotive and Motorcycle program, says that since the program's inception in 2005 nearly every graduate has landed a full-time job in the field.

"Career wise, history has shown that good technicians always find employment," says Woodall. "Likely, this will continue."

Mechanic is a safe career choice, if you want job security.

The Chrysler program is rather exclusive. With hundreds of applicants each year, only 22 are accepted. This year, however, a new program took flight in conjunction with the Toronto Auto Dealers Association. This program, explains Woodall, will teach students to learn on a variety of automobiles that are members of the dealers' association. They will then be given the opportunity to apprentice at any one of a number of participating dealerships.

"We have high hopes for this program, in terms of employment opportunities," he said. "The dealers have absolutely no reservations about accommodating students."

Skilled Trades

"It's very fulfilling when you fix a car," says Gullison. "You feel good inside."

He says it's very satisfying when a person comes in with a car problem and he has to use his skills and training to figure out what it is, and fix it. It lets him use his brain to produce results, while giving the customer comfort that the problem can be fixed. He says he loves the challenge of the job, and is always curios to learn new things.

Aside from the two programs mentioned here, Centennial College offers a wide range of specialized automotive programs. To learn more about each one, view descriptions at centennialcollege.ca/transportation/automotive.

For more of the Skilled Trades exclusive series check Workology frequently or stop by: metronews.ca/work

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New Algoma U ad campaign draws complaints from students
Many Algoma University students are complaining regarding the institution's new ad campaign targeting Toronto-area students, which reads: "Put 681 km between you and 'You're not going out in that!'" while depicting a bare midriff. METRO NEWS SERVICES

Didn't you get the memo?

Managers, employees differ on workplace communication grades

Managers say they are communicating better and more often with their employees now versus one year ago, a new survey shows.

Unfortunately, their teams may not be getting the memo. Sixty-nine per cent of executives interviewed said messages to employees have become more frequent, and 56 per cent believed communication is of higher quality. Yet, only 37 per cent of workers polled agreed there's been a boost in the rate of corporate updates, and only 38 per cent felt information has improved.

The surveys were developed by OfficeTeam, a leading staffing service specializing in the placement of highly skilled administrative professionals. They were conducted by an independent research firm.

Executives and workers were asked, "How would you say the quantity of communication from management to employees at your company has changed in the past 12 months?" and "How would you say the quality of communication from management to employees at your company has changed in the past 12 months?"

"During times of change, companies must be able to share information quickly and often," OfficeTeam's Robert Hoskins

"During times of change, companies must be able to share information quickly and often," said Robert Hosking, executive director of OfficeTeam. "The good news, in light of this difficult economy, is that most employers have increased staff outreach. What is less encouraging is that this communication may not be as effective as it could be."

Clear and timely communication is especially valuable as businesses prepare for the upturn.

Hosking noted that clear and timely communication will be especially valuable as businesses prepare for the upturn. "Managers who provide regular updates and encourage open discussions help employees better understand the company's overall goals and their own role in helping to achieve these objectives," Hosking said. "Frequent communication also can aid retention efforts, which will become a greater focus for employers as the job market improves." METRO NEWS SERVICES

One-in-five U.S. employers target Iraq, Afghan war veterans for hire

UNITED STATES Re-entering the workforce in today's job market can be a daunting task, especially for those returning from military service in Iraq and Afghanistan. Earlier this year, the United States Labor Department reported an 11.2 per cent jobless rate for Gulf War veterans over 18 years old, four percentage points higher than the previous year. A new survey from CareerBuilder is offering some encouraging news with 41 per cent of employers reporting they have hired U.S. veterans or members of the National Guard in the last six months. One-in-five (21 per cent) are actively recruiting veterans and members of the National Guard for open positions today.

The top positions employers say they are targeting U.S. service men and women for include information technology, engineering, management and sales.

METRO NEWS SERVICES

Weekly winners

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Food

For new ideas on how to prepare your turkey and all its fixings, try the 20minute supperclub.com Thanksgiving Guide. Maple Squash, Paper Bag Roast Turkey and many other fall recipes await you.

You can win

Enter your favourite fall recipe in our 20 Minute Supper Club Favourite Fall Recipe contest and you could win one of 10 Breville Prize Packages.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Leaving you warm and full this fall

With the cool breeze of fall in the air, it's the perfect time to start thinking about your Thanksgiving spread.

This week's fall meal is full of vitamins and vegetables to keep you healthy in the colder months. First we explore the delicious taste of rainbow trout in the Pan Fried Trout with Zucchini Ribbons and Pine Nuts. The taste of ribboned squash and zucchini along with the warm trout is a wonderful fall dish that is not only filling but good for you. To speed up the ribboned vegetable prep time, try using a mandolin or Benriner sliver to make perfect zucchini and squash ribbons. If you don't have one, some vegetable peelers will also make long ribbons.

End the meal on a sweeter note with Spicy Caramelized Pecans and Cranberry Brie. Sure to be a household favourite, this treat tastes best with any kind of cracker or French bread. Just be sure to warn your guests or family that one bite of this dessert tends to lead to many others.

-CHRISTY PENGILLY

Pan Fried Trout with Zucchini and Pine Nuts

Recipe Developed by Paula Bowman.

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 20 MINUTES

INGREDIENTS:

- 2 small zucchini (about 8oz), trimmed, sliced lengthwise into 1/16-inch ribbons
- 1 small squash, trimmed, sliced lengthwise into 1/16-inch ribbons
- 1/4 teaspoon kosher salt, plus more for seasoning
- 1/4 cup baby watercress
- 1/4 teaspoon finely grated lemon zest
- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon thyme leaves, or regular thyme
- 1 teaspoon honey
- 1/4 cup, plus 2-teaspoons fruity olive oil
- 1/4 cup pine nuts
- 4 (6oz) fresh rainbow trout fillets

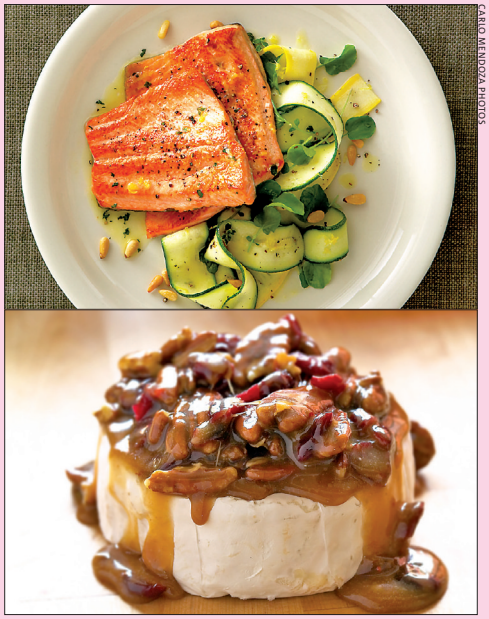
METHOD:

1. In a colander, toss zucchini and squash ribbons in 1/4-teaspoon salt and set aside for 10 minutes. Pat dry with paper towels and set aside in a bowl with watercress.

2. In a small bowl, whisk lemon zest and juice, thyme leaves and honey together. Slowly whisk in 1/4-cup olive oil to blend. Season with salt and pepper and set aside

3. In a large dry non-stick skillet, set over medium-high heat, add pine nuts and stir constantly until golden brown, about 4 minutes. Remove from skillet and set aside. Return skillet to heat and add 2 teaspoons olive oil. Working in batches as necessary so as not to overcrowd the skillet, gently place trout fillets, skin-side up and cook until golden brown, about 2 minutes. Carefully flip fish over and cook the other side until fish is cooked through, about 2-3 minutes. Remove from pan, keep warm and cook second batch of fish, adding more oil as necessary.

4. To serve, pour 1 tablespoon vinaigrette over zucchini and watercress, season with salt and pepper and gently toss. Divide equally between 4 plates, set trout over top of zucchini and sprinkle pine nuts around fish. Spoon remaining vinaigrette over fish or serve on the side to be poured over fish as desired.



CARLO MENDOZA PHOTOS

A complete fall meal from 20 Minute Supper Club.

Spicy Caramelized Pecans & Cranberry Brie

Recipe Developed by Dana McCauley.

SERVES 6
PREP TIME: 10 MINUTES
COOKING TIME: 5 MINUTES

INGREDIENTS:

- 1/2 cup lightly packed brown sugar
- 1/4 cup corn syrup
- 1/4 cup unsalted butter
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon hot pepper sauce
- 1-1/2 cups pecan halves, roughly chopped
- 1/2 cup dried cranberries
- 1 3-inch round, Brie cheese

METHOD:

1. Combine brown sugar, corn syrup and butter in a small, heavy-bottomed saucepan set over medium heat. Stir mixture until it comes to a boil. Boil gently, without stirring, for 1 minute.

2. Remove from heat and, shielding hands with oven mitts, quickly whisk in baking soda. Stir in salt, hot sauce, pecans and dried cranberries until mixture begins to set, about 30 seconds.

3. Working quickly, mound warm nut mixture on top of Brie and let caramel cascade down sides of cheese.

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Liquid Assets column
What do Peter Rockwell, Tom Cruise and U2 have in common? They're all in this week's Liquid Assets column. Check out metronews.ca/liquidassets to read about Peter's very special concert sipping experience. METRO NEWS SERVICES

Fearless food

HANNAH ZITNER
for Metro Canada

When Christine Cushing told her family she was dropping out of university to go to cooking school, there was a communal cry of "no!"

But years later, the celebrity chef has received nothing but glowing reviews and next week will be launching a new TV series teaching catastrophe-prone chefs to hold their own in the kitchen.

"Confidence is key," Cushing says from a private supper club in Toronto's trendy King West district.

"When you cook with confidence, your food resonates differently because whatever you do, you're secure in that choice."

That's easy for her to say; Cushing grew up watching her father master recipes and says she was born with an innate talent for cooking.

Her new show, Fearless in the Kitchen, follows those who weren't blessed with the culinary gene on their on their journey from gastronomically challenged to confident cooks.

Interested participants were asked to submit two cooking horror stories and were selected based on the severity of their incompetence. Each episode tracks the want-to-be chefs as they take on culinary challenges from catering an upscale function to working a pannini grilling station at a wedding.

Fearless in the Kitchen premieres on Thursday at 7:30 p.m. on VIVA

Episode 1 follows Susan, a mother with a busy career who once fastened pineapple to a ham using nails. By the end of the episode, Susan successfully pulls off cocktails for more than a hundred paying customers.

"Every chef starting out needs someone to kind of champion them and get them on their feet and figure out their flaws and strengths and I think that's my role now with lay people."

More than 10 years after Cushing had the confidence to pursue her passion, she's become a staple in the food industry, having hosted three TV series and launched her own product line. However, she says so far this project has been the most entertaining and challenging.

"We all have failures, things happen, kitchens blow up, you added too much salt, but you can't be afraid of the outcome and of failure. You change it, you fix it, and you move on."

Christine Cushing

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Fans snap up tickets to Jackson documentary

In a frenzy to score tickets to the Michael Jackson music documentary This Is It, fans began lining up three days earlier and snapped up all 3,000 tickets to the L.A. advanced screenings in just two hours on Sunday. METRO NEWS SERVICES

Entertainment

Quick hitch

In what proved to be an elegant finale to their month-long courtship, Khloe Kardashian wed Los Angeles Laker Lamar Odom on Sunday evening at a private residence in Beverly Hills. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Monkeys mellow out

Scrappy British rockers took their time making third album

CAM LINDSAY
for Metro Canada

"When we started off we were kind of wild and treacherous, but I think we really trimmed it back while we were with Josh (Homme)."
Alex Turner

in concert

- The Arctic Monkeys play the Kool Haus tonight, 132 Queens Quay E., $29.50.

GUY ARCH

The Arctic Monkeys got some help from Queens of the Stone Age frontman Josh Homme on its latest album Humbug.

Just three years ago Arctic Monkeys became an overnight rock 'n' roll phenomenon in the U.K. when the band released it's debut album, Whatever People Say I Am, That's What I'm Not.

It set the record for the fastest-selling debut album, won the highly coveted Mercury Prize and a BRIT Award for Best Album. For a bunch of 20-year-olds the whirlwind experience must have put them on the brink of losing it, but frontman Alex Turner talks like it was just part of their job.

"I don't think we were ever gonna crack," he says. "It seems different to me being involved in it. We all grew up on the same street practically, we've known each other for a number of years now and I guess that helps you bypass a lot of that bulls—."

Things have certainly calmed down over the last two years for Turner who says that "it's a really good feeling, these days." After rushing a second album, the band was not only able to take its time with album number three, but do it out in the Mojave Desert with Queens of the Stone Age lynchpin Josh Homme.

The partnership had many imaginations running wild over what kind of heaviness Homme could bring to the band's third album Humbug, but Turner says it brought very different results.

"When we started off we were kind of wild and treacherous, but I think we really trimmed it back while we were with Josh," he says. "Before that the songs were full-on and fast. And then we kind of elected to change the plan a little bit and then slowed down and mellowed out compared to our first two records.

"We really wanted to shed our skins after the first album, and prove to ourselves that it wasn't just luck. We did rush that second album, but I think because of that we were able to breathe a little bit more before we made this record. The whole process of Humbug was a lot more relaxed.

Humbug is looser, more impulsive and darker than its predecessors. While it might not be the album some people expect from the band at this stage, one thing's for sure: the band's dynamic two-guitar blast is better than ever.

According to Turner the desert sessions helped them confront a fear of theirs. "We learned a lot working with Josh and (engineer) Alain Johannes in the guitar department especially. Solos, I think we'd always been frightened of before this record, but they encouraged Jamie (Cook) and I to step it up."

Oscar de la Renta to present in Toronto
Fashion designer Oscar de la Renta will present his first major Canadian runway show in more than 10 years in Toronto this April. A benefit will also be held to raise money for children's charities. METRO NEWS SERVICES

The Slew mix rock and beats

Kid Koala spins 'grungalism'

ROB MCMAHON
for Metro Canada

Over the past four-and-a-half years, a Seattle-based garage group has been peeving off neighbours with skull-rattling basslines, crunchy power chords and howling vocals.

The Slew, a new project by Kid Koala and Dynomite D (real name Dylan Frombach), is a turntablist's take on rock.

But this is no basement gang of grunge revivalists. It's a couple of hip-hop heads playing with pre-recorded beats, custom-cut vinyl and gel-padded turntables.

The Slew, a new project by Kid Koala and Dynomite D (real name Dylan Frombach), is a turntablist's take on rock.

"(Dylan Frombach and I) wanted to do a heavy record: Car chase music. He told me 'come out to Seattle and bring your turntables, and we'll plug them into some amps and jam out in my garage,'" explained Eric San (aka Kid Koala). "It was a real grunge experience."

Connected by a shared love of the blues, the pair envisioned a Black Sabbath record produced by Public Enemy's Bomb Squad. The result is a thumping set of chunky riffs, high-pitched howls and understated hip-hop scratches, a sound the duo jokingly term "grungalism."

The record's cohesive sound comes from a vintage approach to production. For example, they would play a sample of an E chord on a Hammond organ, blast it down a halfway to a microphone, and record the ensuing sound. They then take the recording and cut it to vinyl. The result is a series of customized samples filtered through classic recording techniques.

To bring the show live, the pair cut 80 custom records, to be played on six turntables, and recruited the ex-Wolfmother rhythm section (Chris Ross and Myles Heskett) and DJ P-Love.

"We knew they play super heavy (so had to be inventive)," said San. "With turntables, you deal with a lot of technological issues: bass distortion, needle skipping, that kind of thing. But we wanted to cater to a rock show, and design equipment so we're not on eggshells."

For that reason, San — who is always involved in non-musical projects like drawing comic books and learning to cut records in the German countryside — did a lot of R&D. He said custom-cut records and hand-built turntable stands will lessen the sonic impact of Heskett's vintage Ludwig VistaLite drum kit: the one with the "extra big bass drum."

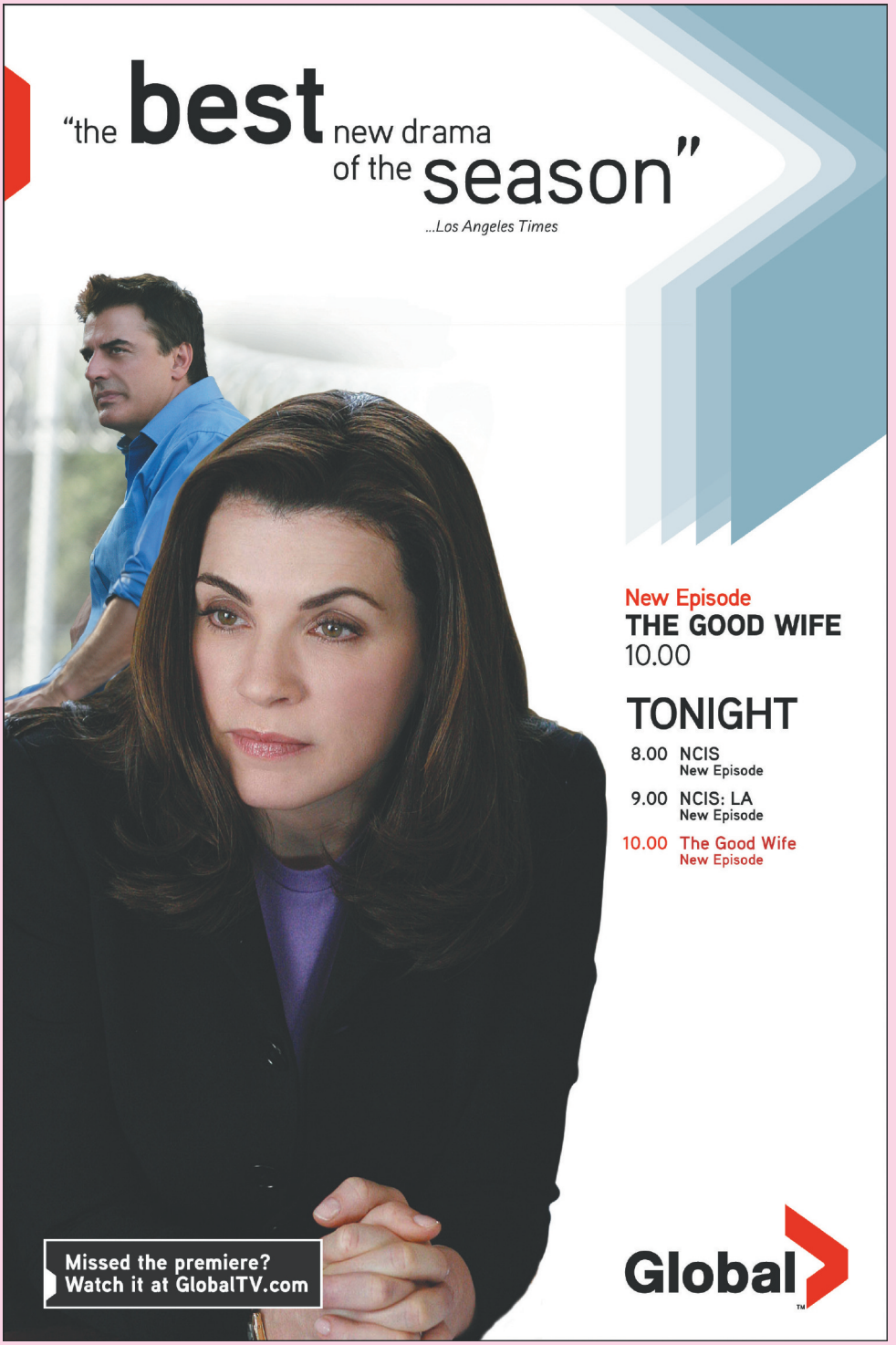
"In Vancouver, I found a place with earthquake-proof gel pads that you put underneath your computer desk so it's safe," said San. "We figured Chris and Myles are about seven on the Richter scale, so we needed to make sure the turntables can handle it."

A free download of the Slew's album is available at: nufonia.com/ice-cream news/theslew/

in concert

- Catch The Slew: Live this Saturday at the Mod Club, 722 College St., $18.50.

The Slew is a collaboration of Kid Koala, above, and Dynomite D (real name Dylan Frombach).



Shue, Robach engaged

Original Melrose Place hunk Andrew Shue, left, and Today's Amy Robach are engaged, People reports. Both Shue, 46, and Robach, 36, are recently divorced, according to the magazine. TVGUIDE.COM

Global wrangle over Polanski

Director determined to defend himself: Lawyer

Imprisoned director Roman Polanski is in a "fighting mood" and will battle U.S. attempts to have him extradited from Switzerland to California to face justice for having sex with a 13-year-old girl in 1977, his lawyer said yesterday.

An international tug-of-war over the 76-year-old director escalated yesterday as France and Poland urged Switzerland to free him on bail and pressed U.S. officials all the way up to Secretary of State Hillary Clinton on the case.

Polanski was in his third day of detention after Swiss police arrested him Saturday on an international warrant as he arrived in Zurich to receive a lifetime achievement award from a film festival.

Roman Polanski

Authorities in Los Angeles considered Polanski a "convicted felon and fugitive." The director had pleaded guilty to unlawful sexual intercourse in 1977 with a 13-year-old girl. He was sent to prison for 42 days but then the judge tried to renege on the plea bargain. On the day of his sentencing in 1978, aware the judge would sentence him to more prison time, Polanski fled to France.

Polanski has told Swiss officials that he will contest a U.S. request that he be transferred to the United States, attorney Herve Temime said in an email. Temime said Polanski's legal team would try to prove that the U.S. request was illegal and that the Oscar-winning director should be released from Swiss custody.

"Taking into account the extraordinary conditions of his arrest, his Swiss lawyer will seek his freedom without delay," Temime said.

ENNIO LEANZA/THE ASSOCIATED PRESS

A man holds a "Free Polanski" sticker as he waits at the film festival in Zurich Sunday. Famed director Roman Polanski was apprehended by Swiss authorities Saturday on am international warrant.

"(Polanski was) thrown to the lions ... there is a scary America that has just shown its face."
French Culture Minister Frederic Mitterand

The lawyer said he was able to speak with Polanski from his Zurich cell.

"He was shocked, dumbfounded, but he is in a fighting mood and he is very determined to defend himself,'' Temime said.

While France expressed hope that Polanski would be freed shortly, Swiss officials said there would be no rash decision.

In Paris, French Foreign Minister Bernard Kouchner said he hoped Polanski could be quickly freed by the Swiss, calling the apprehension a "bit sinister." He and his Polish counterpart Radek Sikorski wrote to Clinton and called Swiss Foreign Minister Micheline Calmy-Rey about the case.

"(Polanski was) thrown to the lions," said French Culture Minister Frederic Mitterrand. "In the same way that there is a generous America that we like, there is also a scary America that has just shown its face."

THE ASSOCIATED PRESS

Rick Mercer Report returns **Off to a flying start**

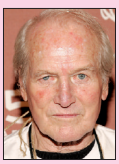
COURTESY THE RICK MERCER REPORT

The new season of The Rick Mercer Report premieres tonight at 8 p.m. on CBC Television. In the first episode, Mercer is in Whistler, B.C., where he bungee jumps 160 feet from a bridge with Rick Hansen. This year marks the 25th anniversary of Hansen's Man in Motion tour.

Dad enjoyed being Nixon's enemy: Newman's daughter

LEGEND Paul Newman liked to joke about his trademark blue eyes, musing that if they turned brown his career might be in jeopardy, and was delighted to learn he was on Richard Nixon's enemies list, the Academy Award-winning actor's daughter said Monday.

Nell Newman, whose father died a year ago at age 83, gave a rare glimpse into the actor's life in an interview with The Associated Press. She was meeting with reporters in Connecticut as part of an effort by her company, Newman's Own Organics, to highlight its partnership with McDonald's Corp. The fast food chain sells Newman's Own coffee at some of its restaurants in the Northeast.



Newman

She said her father considered himself lucky and wanted to give back, leading to his passion for philanthropy.

"He always used to joke if his eyes turned brown, what would happen to his career," she said. "He always felt he was just really lucky."

Newman believed in supporting small organizations that did not have wealthy connections, his daughter said. THE ASSOCIATED PRESS

Kasabian gets a Gallagher
Noel Gallagher is joining Kasabian. The rock legend — who quit Oasis last month after a furious row with brother, and the group's frontman, Liam — will appear with the band on its forthcoming U.K. tour. FEMALEFIRST.CO.UK

70 years on, back to Oz in Blu Ray

Original Munchkins celebrate release

RICHARD CROUSE
for Metro Canada

"We always say the age range for The Wizard of Oz is from fetal to fatal," jokes Oz expert John Fricke. It's a funny line, but there is a ring of truth to it.

The movie, whose birthday is being commemorated by the lovingly restored Wizard of Oz: 70th Anniversary Ultimate Collector's Edition Blu Ray, is beloved by old and young. For the surviving cast members the appeal is easy to define.

"Everybody can enjoy it," says Karl Slover, age 91, who was just two feet tall when he played the first trumpeter. "There's no filthy language in it. I don't see no bikinis! No nudist colonies! Kids can watch it and parents don't have to worry because there's nothing bad in there."

Singer Ashanti rides in a hot air balloon at the Wizard of Oz 70th Anniversary Emerald Gala at Tavern in New York.

Slover is one of just six actors left of the 124 "little people" assembled to play the Munchkins in the film. He had some previous film experience but not all the actors were Hollywood regulars.

"I was in the movie because I was the right size and that's all they wanted," says Villager Munchkin Ruth Duccini, age 91, who adds that she can't sing or dance very well.

"I grew up in a small town in Minnesota and I didn't know there were other little people." But once she got on set she found she wasn't alone. "I remember all the little people and that was so great; 123 people that you could stand and talk to without talking to a bellybutton."

Original Munchkins Jerry Maren, Margaret Pellegrini and Karl Slover attend the Wizard of Oz 70th Anniversary Emerald Gala in New York last week.

CHARLES SYKES/THE ASSOCIATED PRESS

Ruth adds that star Judy Garland was just as excited about having all little people in one place as she was and Munchkin Flowerpot Hat dancer Margaret Pellegrini (age 86) says Garland treated all the Munchkins to candy and a keepsake at Christmas.

"On Christmas Eve morning when she came to work she opened the door to her (dressing room) and there she had a whole stack of black and white pictures and she invited each and every one of us in and gave each a picture. Mine says 'To Margaret from your pal Judy.' I still have it."

Garland's daughter Lorna Luft says her mom loved working on The Wizard of Oz. "This movie was special for her. She told me the hardest thing about the film was being afraid of (Wicked Witch) Margaret Hamilton because she was very sweet. She also told me that unfortunately the dog had the worst breath."

Lucy, who inspired Beatles song, dies

Lucy Vodden, who provided the inspiration for the Beatles' classic song Lucy in the Sky with Diamonds, has died after a long battle with lupus. She was 46.

Her death was announced yesterday by St. Thomas' Hospital in London, where she had been treated for the chronic disease for more than five years, and by her husband, Ross Vodden.

Britain's Press Association said she died last Tuesday. Hospital officials said they could not confirm the day of her death.

Vodden's connection to the Beatles dates back to her early days, when she made friends with schoolmate Julian Lennon, John Lennon's son.

Julian Lennon, then four years old, came home from school with a drawing one day, showed it to his father, and said it was "Lucy in the sky with diamonds."

At the time, John Lennon was gathering material for his contributions to the 1967 album Sgt. Pepper's Lonely Hearts Club Band.

The elder Lennon seized on the image and developed it into what is widely regarded as a psychedelic masterpiece, replete with haunting images of "newspaper taxis" and a "girl with kaleidoscope eyes."

Rock music critics thought the song's title was a veiled reference to LSD, but John Lennon always claimed the phrase came from his son, not from a desire to spell out the initials LSD in code.

"I don't relate to the song, to that type of song."
Lucy Vodden

Vodden lost touch with Julian Lennon after he left the school following his parents' divorce, but they were reunited in recent years when Julian Lennon, who lives in France, tried to help her cope with the disease.

He sent her flowers and vouchers for use at a gardening centre near her home in Surrey in southeast England, and frequently sent her text messages in an effort to buttress her spirits.

"I wasn't sure at first how to approach her," Julian Lennon told the Associated Press in June. "I wanted at least to get a note to her. Then I heard she had a great love of gardening, and I thought I'd help with something sh"s passionate about, and I love gardening too. I wanted to do something to put a smile on her face."

In recent months, Vodden was too ill to go out most of the time, except for hospital visits.

She enjoyed her link to the Beatles but was not particularly fond of Lucy in the Sky with Diamonds.

John Lennon's son Julian's childhood friend Lucy Vodden inspired the Beatles song Lucy in the Sky with Diamonds, which was included in the album Sgt. Pepper's Lonely Hearts Club Band.

"I don't relate to the song, to that type of song," she told the Associated Press in June. "As a teenager, I made the mistake of telling a couple of friends at school that I was the Lucy in the song and they said, 'No, it's not you, my parents said it's about drugs.' And I didn't know what LSD was at the time, so I just kept it quiet, to myself."

THE ASSOCIATED PRESS

She swears she won't do it again

NBC says Jenny Slate, the rookie Saturday Night Live cast member now infamous for uttering the F-word on last weekend's season premiere, will get to keep her job on the show. EW.COM

Entertainment in brief

TELEVISION Kids' network Nickelodeon launches a Canadian offshoot on Nov. 2. The channel will show homegrown series like Grossology, alongside American favourites such as SpongeBob SquarePants and Dora the Explorer. It will also air new animated series Fanboy and Chum Chum, and live-action show The Troop.

THE CANADIAN PRESS

Gaga defends Kanye

West makes 'most of the music we hear'

Kanye West can rest assured that tour mate Lady Gaga has got his back.

Gaga said yesterday it was unfair of fans to judge West for his on-stage confrontation with Taylor Swift at the MTV Video Music Awards this month.

"I can tell you that he's very sorry, and he made a mistake, and he knows it," said Gaga over the telephone from Virginia, while she munched on cereal.

"But at the end of the day, he is a pioneer in hip-hop music, and he changed what hip-hop music means. And I think that it's time for everyone to kind of take their heads out of the newspapers and remember that, in truth, Kanye's making most of the music we hear on the radio today.

"He has a tremendous effect on everybody's lives and I think it's unfair to judge a person by one thing that they said."

West's latest award-show antics came after Swift beat out Beyoncé to win Best Female Video for her hit You Belong With Me.

Just after the 19-year-old country phenom approached the microphone to accept the award, West hopped on stage, grabbed the mike and declared that Beyoncé's Single Ladies (Put a Ring on It) was one of the "best videos of all time." Swift didn't finish her speech until Beyoncé later invited her on stage.

So what was Gaga's preliminary reaction to West's outburst? "It was 'Oh jeez,'" she recalled.

The platinum-blond electro singer says she's not worried that fans will harbour ill will toward West during the tour she's headlining with him this fall. Beginning in November, the tour includes stops in Saskatoon, Vancouver, Calgary, Edmonton, Toronto, Ottawa and Montreal.

THE CANADIAN PRESS

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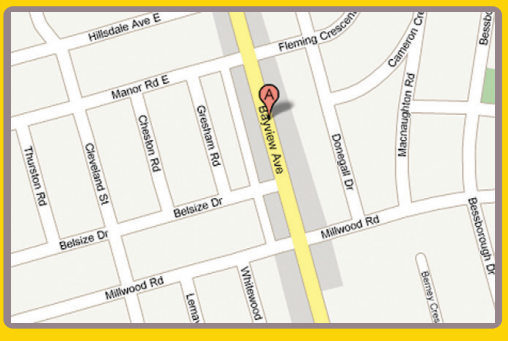

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Bloor-West Village Location Opening in Early October!

Newborn news

It's a girl for Ben Lee and Ione Skye. The newlyweds — who tied the knot in a Hindu wedding ceremony in India last December — welcomed daughter Goldie Priya Lee on Thursday at 8 a.m., the new father reveals on his website. **PEOPLE.COM**

"THE CROWD GOES WILD!"
-The New York Times

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Photo: Chris Callis
NOW THAT'S BROADWAY!
dancap
Original Cast Recording On RHINO

DVD picks

Monsters vs. Aliens

Director: Rob Letterman, Conrad Vernon

SLIP ON YOUR 3-D SPECS and dig the 1950s-ish angle of this animated comedy: Patriotic Yankee monsters who are summoned to save the planet from a four-eyed alien nerd.

These monster mashups are rad, dad, all blasts from classic films. The best of them are Ginormica (Reese Witherspoon), a giantess just one inch shorter than the title freak of Attack of the 50 Ft. Woman, and B.O.B. (Seth Rogen), a sapphire splodge getting jiggy with the icky entity from The Blob.

It's a bit of a stretch to say they're fighting "aliens." It's really just one megalomaniac midget who goes by the vainglorious handle Gallaxhar (Rainn Wilson).

Co-directors Rob Letterman (Shark Tale) and Conrad Vernon (Shrek 2) have packed everything but a tray of Rice Krispie squares into the tale (although there is a Jell-O mould), and it's clear the project was near and dear to their geeky li'l hearts.

It's almost too much love. Combining outer-space Armageddon with female empowerment makes for an embarrassment of riches.

But the characters are fun, and now that we've met them, let's hope for a boffo sequel.

Extras include four pair of 3D glasses, a commentary track, deleted scenes, behind-the-scenes featurettes and a bonus cartoon about Rogen's B.O.B. character.

The Girlfriend Experience

Director: Steven Soderbergh

MORE ABOUT THE IDEA of sex than the act of it, Steven Soderbergh's exploration of lust for sale is low on carnality but big on authenticity.

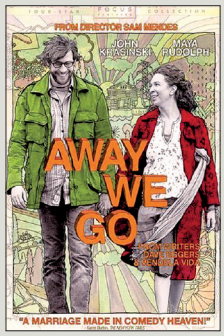
Real-life porn star Sasha Grey is Chelsea, a New York prostitute who commands top dollar for providing the illusion of emotional attachment along with sexual gratification.

There's no sex and very little nudity in the film, which will disappoint anyone who doesn't know the director's Spartan aesthetic, in which art always triumphs over orgasms.

Grey makes for a fascinating Soderbergh surrogate, balancing curiosity and drive with the desire for emotional detachment.

On the basis of her work here, she may have a career outside of adult films, which she says she wants.

Extras include a discussion of the film between Soderbergh and Grey plus a promotional featurette.



Away We Go

Director: Sam Mendes

DRAMATICALLY INCLINED DIRECTOR Sam Mendes veers wildly off track with this attempt at a road comedy depicting narcissistic layabouts seeking advice for their impending parenthood.

Vacuous Verona (Maya Rudolph) and bumbling Burt (John Krasinski) at least have good hearts and genuine chemistry; most of the people they meet on their twee trek are hateful or pathetic stereotypes.

This a trip to dead-end Quirkville, where nobody is allowed to be a real human being because it would spoil the illusion of Verona and Burt being the last of the innocent lovers.

The film is penned by real-life couple Dave Eggers and Vendela Vida, successful authors who should stick to their day jobs. Extras include a commentary with Mendes, Eggers and Vida, plus two featurettes.

PETER HOWELL/
FOR METRO CANADA

EARLY-BREAKING NEWS. m.metronews.ca

Grand Prix entertainment
An entertainment promoter says Beyoncé and Aerosmith will headline concerts at the first ever Formula One race in Abu Dhabi. Flash Entertainment said yesterday the performers will open and close the Abu Dhabi Grand Prix weekend next month. THE ASSOCIATED PRESS

Taxes, Twitter and trading places: Survey weighs a mélange of topics

60 Minutes and Vanity Fair team up for new poll

Half the respondents of a new poll say taxing the richest Americans by at least 50 per cent is a great idea, while more than a third consider Twitter a fad that will likely fade.

Those are among the findings of a new 60 Minutes-Vanity Fair Poll.

Nearly half of the respondents chose Wal-Mart as the institution that best symbolizes America today, leaving in the dust runners-up Google, Microsoft, the NFL, and the banking and securities firm Goldman Sachs.

Dining out was chosen most often by respondents as a luxury they hate sacrificing in these tough economic times. And five per cent thought the best way to fight obesity among patrons of fast-food chains is to equip each restaurant with scales for them to weigh themselves.

A politician taking bribes is considered by far the greater sin (chosen by 37 per cent of the respondents) when stacked against extramarital affairs (just two per cent).

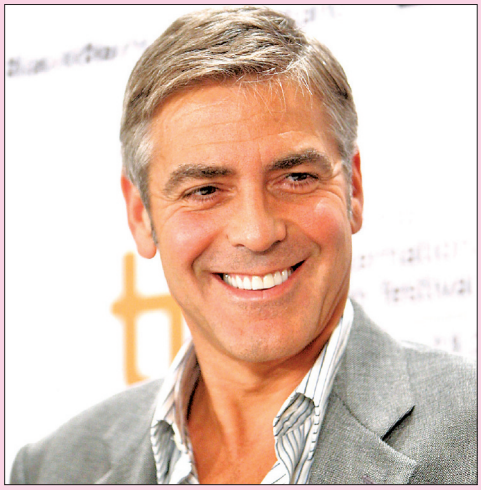
President Barack Obama has set a time table for a troop pullout in Iraq by 2011. But one-third of poll respondents predicted he won't be setting a time table for removing troops from Afghanistan. Meanwhile, 31 per cent said he would time it to the beginning of the next presidential campaign, and 25 per cent chose "in about a year."

Obama was edged out by George Clooney (24 per cent to 26 per cent) among respondents choosing "which man they would most like to trade places with for a week," followed by Tom Brady and Bruce Springsteen.

But among woman, First Lady Michelle Obama was the favourite, chosen by 26 per cent, with Secretary of State Hillary Clinton picked by 16 per cent, actress Angelina Jolie by 13 per cent and singer Beyoncé selected by 12 per cent.

The poll is based on a random sample of 1,097 respondents across the U.S.. It was conducted by phone between Aug. 27 and 31 by CBS News.

THE ASSOCIATED PRESS



ALBERTO E. RODRIGUEZ/GETTY IMAGES

Actor George Clooney, shown in a Sept. 12 press conference at the Toronto International Film Festival, was voted the man respondents "would most like to trade places with for a week" as part of a new 60 Minutes-Vanity Fair Poll.

Mix of Six

Metro taps into today's best entertainment and event picks

MUSIC
The Arctic Monkeys perform tonight at the Kool Haus tonight. Tickets to the all-ages show are $29.50 and are available at all Ticketmaster locations or by phone at 416-870-8000.

BENEFIT
Musicians will perform on city streets today as part of War Child's Busking for Change fundraiser. See war child.ca/buskingforchange.

LUNCHEON
Christine Day, president and CEO of lululemon athletica, speaks today at the Women of Influence Luncheon from 11:15 a.m. to 2 p.m. at the Metro Toronto Convention Centre, 255 Front St. W., $84, womenofinfluenceinc.ca.

PHOTOGRAPHY
The Art Gallery of Ontario and Royal Ontario Museum are both exhibiting shows about celebrity photography, including works by Edward Steichen and Vanity Fair covers; ago.net, rom.ca.

THEATRE
Andrew Lloyd Webber and Ben Elton's 2000 musical The Beautiful Game has been reworked and retitled The Boys in the Photograph, and is being performed at the Royal Alexandra Theatre, 260 King St. W., mirvish.com.

FESTIVAL
The Toronto Palestine Film Festival continues this week with daily screenings, including today's showings of To My Father and Easy, Easy.

TV Babies!

"Our babies and kids are busy!" says Ann Love at The Baby Face Agency. "In ads, movies, and modelling, some earned $30,000."

"We need cute babies and toddlers and boys and girls up to 16!"

Phones are open now for parents to list babies and kids. Dial (416)

925-6140

Silhouettes singer Wilson, 69, dies

MUSIC The Rev. John (Bootsie) Wilson, a former lead singer and last surviving member of the group The Silhouettes, has died. He was 69. The Michael A. Glenn Funeral Home confirmed yesterday that Wilson died Sept. 21 at his home in Spartanburg, S.C.

He joined The Silhouettes in 1961, after the original lead singer left the group which was perhaps best known for its 1958 No. 1 hit Get a Job. Wilson re-recorded the song with the group in 1968. He moved to South Carolina in 1972 and became a minister, serving as an African Methodist Episcopal pastor for three decades. Music historian Charlie Horner of Classic Urban Harmony calls Wilson's death the end of an era. THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

	To	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
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		210	302	6	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (N) (DVS)		CBC News: The National		The Hour
		214	344	7	CITY	Hell's Kitchen (N)		The Biggest Loser (N)				The Jay Leno Show (N)		News
		212	313	8	CTV	etalk	Hollywood	You Can Dance		Dancing With the Stars		Law & Order: SVU		CTV News
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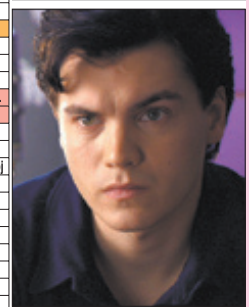
		-	387	16	CBS	Inside Edition	Hollywood	NCIS "Reunion" (N)		NCIS: Los Angeles (N)		The Good Wife (N)		News 4 at 11
		-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				The Jay Leno Show (N)		News
		-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Shark Tank (N)		Dancing With the Stars		the forgotten (HDTV) (N)		News
		219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	Monk		So You Think You Can Dance		Wife Swap		A News
		-	-	28	FOX	Judge Judy (N)	Two/Half Men	Hell's Kitchen (N)		So You Think You Can Dance		Seinfeld	Two/Half Men	The Simpsons
		-	388	61	PBS	News-Lehrer	Foot in Grave	The National Parks: America's Best Idea (N) (DVS)				Nova (DVS)		Business Rpt.
		297	652	330	WPX	Two/Half Men	Family Guy	90210 "The Porn King"		Melrose Place "Vine" (N)		PIX News at Ten Tong.		Two/Half Men
		296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Law & Order: SVU		WBZ News (N)	Frasier	The Office	Name Is Earl	Frasier
		298	653	332	TLA	The Tyra Banks Show		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
news		502	390	26	NW	CBC News	Mansbridge	CBC News: Tonight (N)		CBC News: The National		CBC News: the fifth estate		National
		500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
		509	504	79	CNB	Kudlow Report		CNBC Reports		Executive Vision (N)		On the Money		Mad Money
sports		405	417	22	net	MLB Baseball Toronto Blue Jays at Boston Red Sox. From Fenway Park in Boston.						Sportsnet Con.	Sportsnet Con.	Sportsnet Con.
		400	400	30	TSN	That's Hockey!	NHL on TSN	Fantasy Draft	Over the Bolts	2009 World Series of Poker		SportsCentre (HDTV) (Live)		
		411	457	58	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
		417	406	81	SC	Pimp My Ride	Pass Time	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
family		551	542	25	YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
		554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
		556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety		602	567	27	W	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked		Miss Naked
		570	580	29	MM	One Tree Hill		My Date With...	Video on Trial	Starmaker		MuchNews	My Date With...	One Tree Hill
		615	520	31	A&E	Criminal Minds (HDTV)		The First 48 (HDTV)		Manhunters	Manhunters	Manhunters	Manhunters	Manhunters
		700	800	35	TLN	Centrovetrine	Sky TG 24	*Rain Man* ★★★★ (1988, Comedy-Drama)			Serie A	George Lopez	George Lopez	George Lopez
		571	581	36	MMM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix
		575	583	38	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons
		616	521	39	SHO	The Outer Limits		*Disaster Zone: Volcano in New York* (2006, Action)				Bones		NCIS
		620	523	40	BVO	Kaeshammer	Bravo!Videos	Live at the Rehearsal Hall		Freddie Mercury		In the Shadow of the Blues		Law & Order
		601	562	41	SLC	Rich Bride, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
		522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering		Crime Stories
		625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	House Party	Comedy Inc.	Daily Show
		600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters	House Hunters	Holmes-Homes
		294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*The Fugitive* ★★★ (1993, Suspense)		
		576	582	49	BET	106 & Park: BET's Top 10 Live		The Game	The Game	The Game	The Game	Frankie-Neffe	Frankie-Neffe	W. Williams
		627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (N)		Fringe (HDTV) (N)		InnerSpace (N)
		581	566	52	MTV	MTV Presents	Over the Bolts	Parent Control	Bitch Is Back	The Hills		The Hills	After	MTV Live
		618	524	54	TROP	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	'70s Show	'70s Show
		603	561	56	FOOD	Ricardo	Exotic	Restaurant Makeover		Hell's Kitchen (N)		Good Eats	Good Eats	Iron Chef Am.
		261	394	60	V	Murder, She Wrote		Bless-Father	Dinnerladies	Quantum Leap		Unscripted	Supernatural	Enigma
		621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
		553	546	65	TRE	Backyardigans	Nght Grdn	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby
		115	711	101	TVA	Les Gags	Occupation	Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
		126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
		526	507	249	VIVA	Judging Amy		Missing		The Closer		Da Vinci's Inquest		Mediums
		300	601	301	M1	(7:15) *Ace of Hearts* (2008, Drama) Dean Cain.				*Speed Racer* ★★ (2008, Action) Emile Hirsch.				*Death Race*
		305	612	306	PIX	(6:45) *The Mummy* ★★★ (1999, Adventure)				*The Mummy Returns* ★★ (2001, Adventure)				*Deadbolt*

critics'corner

Speed Racer
OK, it's true, we haven't actually been thrown headfirst into a spinning cotton candy machine, and yet we have a pretty good idea of what that might be like after seeing this box-office flop-aroo based on a well-known Japanese cartoon. Rising star Emile Hirsch stars in the title role as a heroic youth who enters a dangerous race that claimed his brother's life. 9 PM on M1



The Biggest Loser
The contestants get an offer that is very hard to refuse, although it means losing trainers Bob Harper and Jillian Michaels for the week. Later, the players face their first temptation, which will leave the winner with control over the weigh-in. Jillian grows frustrated with a contestant. 8 PM on NBC CITY

The Good Wife
Alicia and Will take the case of a stripper who claims she was sexually assaulted while working the bachelor party of one of Chicago's most prominent businessmen in the new episode "Stripped." 10 PM on GTV CBS

Family Guy spin-off starts strong

Fox's highly anticipated new series The Cleveland Show scored a solid debut: 9.4 million people tuned in Sunday night. The premieres of Family Guy and American Dad also drew bigger audiences for Fox than they did last season. EW.COM

Hugh Jackman

Indignant Hugh delivers a ringing rebuke

Hugh Jackman knows how to stop a show.

He did it recently when a cellphone call interrupted a preview performance of A Steady Rain, the Broadway play starring Jackman and Daniel Craig.

A crude video posted on TMZ.com appears to have been shot from the audience. It shows Jackman breaking character to ask the owner of the ringing cellphone, "You want to get that?" as the audience erupts in cheers.

The ringing persists, and Jackman pleads, "Come on, just turn it off." He then paces the stage of the Gerald Schoenfeld Theatre, waits about a minute for the ringing to stop, and the play resumes.

The interruption occurred during an intense moment in the play, when Jackman's character, a Chicago policeman, reveals haunting memories.

A customary loudspeaker announcement reminds theatregoers to turn off their cellphones. Since the incident, ushers at the theatre have also been instructing patrons to silence their phones.

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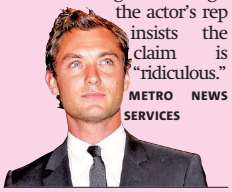
Danes secretly ties the knot
Claire Danes and British actor Hugh Dancy got married in a low-key wedding in France. The pair tied the knot earlier this month at a small ceremony attended by family and close friends, an insider says. LIFEANDSTYLEMAG.COM

Celebrity Buzz

No baby talk for Jude

HIS LIPS ARE SEALED Jude Law made a stop at Live with Regis and Kelly recently to promote his Broadway run in Hamlet, but one hot topic of conversation quite conspicuously didn't come up. During the chat, no one mentioned the baby Law recently had with Samantha Burke.

"He has banned interviewers from asking about it," a source tells Page Six, though the actor's rep insists the claim is "ridiculous." METRO NEWS SERVICES



Celebrity tweets

Eddie Izzard approves of your work, Mother Nature, Katy Perry spends the evening in, and Paula Abdul feels the burn.

• @eddieizzard Great sunset today. Well done September.

• @katyperry Had 2 give up my Brit Spears tix 4 tonight, heart breaking! Have to focus on something more important... secret (sittin@ home watchin spun!)

• @PaulaAbdul I am so sore today! I know its weird but it makes me feel good to be sore after a hard work out. It means I did a good job. Results now plz!

Swayze knew he was 'dead man'

BOOK CONFESSIONS "When my doctors at Cedars-Sinai in Los Angeles said the words 'pancreatic cancer,' a single thought popped into my head: I'm a dead man," says the late actor Patrick Swayze, who two weeks ago died of the disease at age 57.

His inner thoughts on his acting career, his illness and his legacy are being aired in his audiobook Time of My Life, which Simon & Schuster released yesterday.

In the tapes, which Swayze narrated himself (along with Lisa Niemi), the actor recalls how he sank into a miasma of "anger, bitterness and despair" soon after finding out that he wasn't likely to live past a few months.

News of his cancer diagnosis was first announced in spring 2008. He wrote his memoirs in June 2009 at his home in New Mexico.

"Now, a lot of things go through your head when you get a death sentence handed to you, starting with: 'Why me?'" he says. "It's hard not to sink into bitterness … For me, that initial shock quickly turned into self-criticism and blame."

After struggling with a period where he racked his brain trying to figure out what he'd done wrong in his life to deserve cancer, Swayze came out fighting, he says.

"I was not ready to go, and I'd be damned if this disease was going to take me before I was good and ready," he says. "So I said to my doctor, 'Show me where the enemy is and I'll fight him.'"

The actor also looks back on his life, including one of the highlights of his career — the pottery-making moment with Demi Moore in 1990's Ghost. "We really made up the scene as we went along," he says. "It was pretty sexy playing in all that clay, so all we had to do was go with it …"

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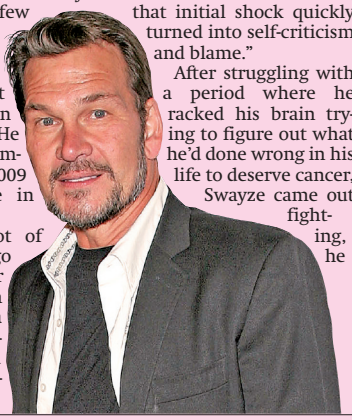


Contractors claim Pammy defaults on mansion bills

COURT Former Baywatch star Pamela Anderson has released a statement to dispel rumours she is reportedly millions of dollars in debt and facing lawsuits over renovations of her Malibu home.

"No one has been paid for six months," Contact Music reports a worker hired to update Anderson's house as saying. "She doesn't have any sense of reality. There are poor workers who have families to feed and she isn't doing anything to pay them."

Anderson released the following statement: "It is true that I am in a dispute with some of the contractors working on my home. This is because after paying millions of dollars to build the house I continue to get bills from the contractors. My lawyers are reviewing the work done to see if the bills are fair. If they are, they'll be paid. "If they aren't, they won't be."

METRO NEWS SERVICES

Courtney hot for Venezuelan prez?

THOSE LATIN MEN It's being reported that Courtney Love was swept off her feet recently by Hugo Chavez after meeting the Venezuelan president at a screening of Oliver Stone's new documentary, South of the Border.

"It was the third wink that sold me," Love tells Gatecrasher. METRO NEWS SERVICES

Kid blames mom for Hoff call

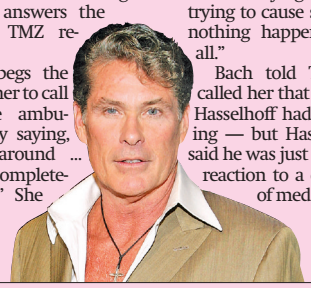
PRANK TMZ has obtained the 9-1-1 calls that resulted in David Hasselhoff being taken to the hospital last week — and in one them, the actor's daughter tells the dispatcher her mother got someone to call 9-1-1 just to start a bunch of drama.

In the first call, one of Pamela Bach's friends calls 9-1-1 to report an incident at Hasselhoff's house. When the dispatcher calls the house, his daughter Hayley answers the phone, TMZ reports.

She begs the dispatcher to call off the ambulance by saying, "Turn around … we're completely fine." She then blames the whole thing on her mother, saying, "My mom is trying to cause something … nothing happened here at all."

Bach told TMZ Hayley called her that day and said Hasselhoff had been drinking — but Hasselhoff later said he was just having a bad reaction to a combination of meds.

METRO NEWS SERVICES

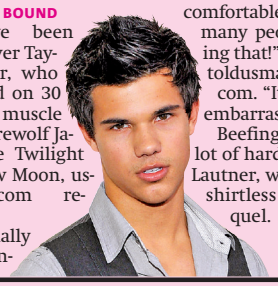


Lautner dislikes body talk

MUSCLE BOUND Fans have been howling over Taylor Lautner, who has packed on 30 pounds of muscle to play werewolf Jacob in the Twilight sequel New Moon, usmagazine.com reports.

"It's actually quite uncomfortable knowing so many people are seeing that!" Lautner, 17, toldusmagazine.com. "It's a little bit embarrassing!"

Beefing up took "a lot of hard work," said Lautner, who also goes shirtless in the sequel. METRO NEWS SERVICES



Roberts' hours irritate locals

COMPLAINTS, COMPLAINTS Julia Roberts' shooting schedule for Eat, Pray, Love isn't making her any friends among the faithful in India.

According to the Times of India, locals are furious that the production has taken over a temple and restricted access.

"They are allowing entry in the temple only between 6 a.m. and 8 a.m. in the morning and 6 p.m. and 9 p.m. in the evening," one source tells the newspaper, while another adds, "I went to the temple this morning, but was turned away by security guards.

"It is really bad that even devotees are being barred from entering the Ashram."

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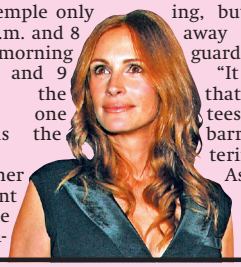

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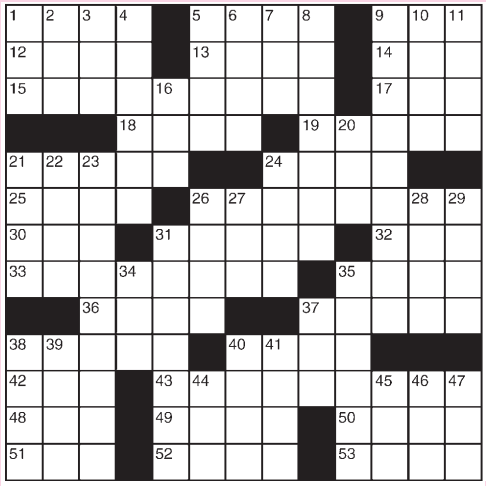

ACROSS

1 Burden
5 Tulip, at first
9 Wildebeest
12 Crumbly cheese
13 Screenwriter James
14 Erstwhile acorn
15 Is unhappy
17 Prior night
18 Salver
19 Firetruck gear
21 Memory units
24 Bob's "Road" co-star
25 Stentorian
26 Book before Ecclesiastes
30 Blunder
31 Ralph of "The Waltons"
32 Mound stat
33 They drill and fill
35 Squad
36 Deadly septet
37 Treasury
38 Carried on
40 Ski lift type
42 "Ben- —"
43 Angry
48 Coach Parseghian
49 Elliptical
50 Tittle
51 Has permission
52 Leaf gatherer
53 Out of bounds

DOWN

1 Vacationing
2 Born
3 Salt Lake athlete
4 Tended an icy walkway
5 Ali —
6 Unsightly
7 Romanian money
8 Marge Simpson's 'do
9 Becomes eco-friendly
10 Church area
11 Guitars' kin
16 Former jrs.
20 Indivisible
21 Evidenced a cut
22 Days gone by
23 Ages, maybe
24 Automatons, for short
26 Bridge option
27 Fabric-dye brand
28 Pitt or Paisley
29 — Club (discount store)
31 With 34-Down, broad neckwear
34 See 31-Down
35 Bombastic
37 Enthusiast
38 "Pow!"
39 Emanation
40 Ship-building wood
41 Ill will
44 Actress Mendes
45 Shad product
46 Greek vowel
47 Pop

Sudoku

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HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		6		8			4	
	2	8		6				
1		7			3			
	8	1						7
	4		8		2		1	
3						5	2	
			9			6		4
				4		8	5	
	9			5		1		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	8	1	7	4	6	3	5	9
3	5	9	8	1	2	6	4	7
7	6	4	3	9	5	2	1	8
8	9	2	5	7	1	4	6	3
1	4	7	6	3	8	9	2	5
6	3	5	4	2	9	8	7	1
9	2	3	1	6	7	5	8	4
5	7	6	9	8	4	1	3	2
4	1	8	2	5	3	7	9	6

On the web

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Metro Recipe of the Day

Bruschetta Chicken

INGREDIENTS:

1/2 cup (125 ml) all-purpose flour
2 eggs, lightly beaten
4 boneless skinless chicken breast halves
1/4 cup (50 ml) grated Parmesan cheese
1/4 cup (50 ml) dry bread crumbs
1 tbsp (15 ml) butter, melted
2 large tomatoes, seeded and chopped
3 tbsp (45 ml) minced fresh basil
2 garlic cloves, minced
1 tbsp (15 ml) olive oil
1/2 tsp (2 ml) salt
1/4 tsp (1 ml) pepper

METHOD:

1. Place flour and eggs in separate shallow bowls. Dip chicken in flour, then in eggs. Place in greased 13-in. x 9-in. x 2-in. (33 cm x 23 cm x 5 cm) baking dish. Combine Parmesan cheese, bread crumbs and butter; sprinkle over chicken.
2. Loosely cover baking dish with foil. Bake at 375 F (190 C) for 20 minutes. Uncover; bake 5-10 minutes longer or until top is browned.
3. Meanwhile, in bowl, combine remaining ingredients. Spoon over chicken. Return to oven for 3-5 minutes or until tomato mixture is heated through.

SERVES 4

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Any insights you may have into how to improve the physical side of your life should be noted down for future reference.

TAURUS ♉
APRIL 21-MAY 21
Do something creative today, something that shows off your talent for making things happen.

GEMINI ♊
MAY 22-JUNE 21
Something you have not been able to get your head around these past few weeks will make perfect sense as from today.

CANCER ♋
JUNE 22-JULY 22
Even if you are the kind of Cancer who keeps your thoughts to yourself, you will have plenty to say for yourself over the next 24 hours.

LEO ♌
JULY 23-AUG 23
News you have been waiting for these past few weeks will finally arrive today and put an end to your torment.

VIRGO ♍
AUG 24-SEPT 22
Mercury, your ruler, is turning direct in you birth sign after a lengthy period of retrograde motion your thoughts will be clear again.

LIBRA ♎
SEPT 23-OCT 23
You've been living in the past in recent weeks but your forward-thinking attitude over the next few days will more than make up for it.

SCORPIO ♏
OCT 24-NOV 22
The Sun's transit of the most sensitive area of your chart encourages you to believe that everyone is against you.

SAGITTARIUS ♐
NOV 23-DEC 21
Like everyone else, you were born with a talent of some kind and your task today, and for the rest of the week, is to take that talent and do something with it.

CAPRICORN ♑
DEC 22-JAN 20
Your mind is about to switch itself on again. Not that it's been switched off completely but it does seem to have been operating at reduced capacity.

AQUARIUS ♒
JAN 21-FEB 18
What takes place over the next few hours will present you with a solution to a problem you thought was insoluble.

PISCES ♓
FEB 19-MARCH 20
According to the planets, you have been talking at cross purposes with a friend and that is why there has been a certain amount of tension in your life.

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